



COMMUNITY ENGAGEMENT NETWORK  
AND THE LIHC ARE OFFERING A:

## **CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)**

The CDSMP is a six-week interactive workshop that provides hands-on interactive, fun education for people and their families who are living with chronic conditions.

Topics include: healthy eating, medication management, exercise, and more!

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**Tuesday evenings,  
4:00 p.m. – 6:30 p.m.  
1383 Vets Memorial Highway,  
Suite 26,  
Hauppauge, NY 11788**

**DATES:  
10/15/19  
10/22/19  
10/29/19  
11/05/19  
11/12/19  
11/19/19**

Contact: Gloria Lopez  
(917) 561-1727



**COMMUNITY  
ENGAGEMENT  
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LONG ISLAND  
**Health**  
COLLABORATIVE

*connecting you to better health*

