



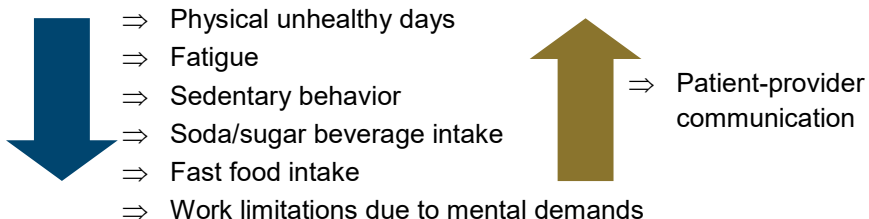
Workplace Chronic Disease Self-Management Program (wCDSMP)

Health & Wellness Workshop

Disease management is increasingly recognized as an important component of workplace health and promotion, however:

- ⇒ We have an aging workforce
- ⇒ 25% of all adults have 2 or more chronic conditions
- ⇒ Diabetes alone cost \$69 billion in decreased productivity
- ⇒ Chronic diseases affect employees ability to meet physical and psychosocial work demands

wCDSMP participants report:



Better Health → Better Quality → Better Value

Length of Workshop	6 weeks
Frequency of Meetings	2x/week for 60 minute each
Size of Workshop	Groups of 10 to 18

For more information, contact:
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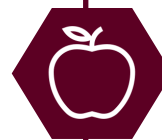
Participants are empowered to improve overall wellbeing by learning the following:



Work/Life balance



Techniques to deal with problems such as stress, frustration, fatigue, isolation and poor sleep



Proper nutrition



Appropriate use of medications



Communicating effectively with family, friends, co-workers, and health professionals

