

# Give your patients the tools to take charge of their health

Studies show chronic disease self-management education (CDSME) workshops are effective for people with conditions such as arthritis, diabetes, heart disease, and lung disease. They can **reduce symptoms**, give your patients the **confidence to manage their health and improve their quality of life**. We are working with the Kansas Department of Health and Environment (KDHE), Kansas Foundation for Medical Care (KFMC), and the Centers for Disease Control and Prevention (CDC) to spread the word about these convenient, nonpharmacological interventions for chronic disease management that are offered in communities across Kansas.

Learn more about referring patients to these low-cost management classes to complement your treatment recommendations.



Contact Us

we do  
CDSME

*because it works*