



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

2020



Helping you take charge of your kidney health!

Where:

Blue Door Neighborhood
Center
756 E. 111th St.
Chicago, IL 60628

When:

Thursdays 1:30-4:00pm*

Eight Week Workshop:

April 9, 16*, 23, 30
May 7, 14, 21, 28

**The April 16 session will
meet from 3:30-6:00pm*

To register:

Visit nkfi.org/cdsmp
or call 312.321.1500
Hurry! Registration is limited
to 20 participants.

**This workshop is
provided at no cost to
you!**

During registration, please indicate if you need special accommodations in order to participate. Since this is a full eight-week workshop, new participants are unable to join after week 2.

Chronic Disease Self-Management Program (CDSMP) is an **8-week workshop** for participants who are in various stages of Chronic Kidney Disease. The first six weeks focus on overall healthy living, with two additional sessions that cover kidney specific content.

** Since the workshop content builds off each week, please join by the 2nd week of the eight week workshop**

This Workshop is for YOU if:

- You have kidney disease, kidney failure, or a kidney transplant
- You are a caregiver

Learn how to:

- Manage everyday activities
- Control symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Improve your overall health and increase your energy
- Become an advocate for yourself
- Understand fluid restrictions and dialysis
- Ask a panel of experts more about kidney disease

For additional information please contact the National Kidney Foundation of Illinois at 312-321-1500 or visit www.nkfi.org
For other wellness programs in Illinois, visit www.nkfi.org