

PHYSICIANS OF SOUTHWEST WASHINGTON IN COOPERATION
WITH THURSTON COUNTY PUBLIC HEALTH AND SOCIAL
SERVICES

THURSTON COUNTY

Chronic Disease Self-Management

Leader Training !

Become a CDSMP Leader



Chronic Disease Self-Management is a six week workshop that helps adults manage their chronic illness. Physicians of Southwest Washington is looking for individuals interested in being trained to lead workshops at not cost to them. Adults living or working in Thurston County with chronic health conditions are especially encouraged to apply.

Leader Training Dates:
July 20, 21, 27 and 28th
9:00 AM—4:30 PM each day

****SPACE IS LIMITED! APPLY BY JULY 6TH ****

CALL TODAY FOR AN APPLICATION!

PHYSICIANS OF SOUTHWEST WASHINGTON

**Beverly Roder or Dave Hughes
(360) 786-8690**