

## DSMP: Diabetes Self-Management Program

## CDSMP: Chronic Disease Self-Management Program

WORKSHOP	LOCATION	DAY/TIME	START	END	CONTACT
DSMP (Diabetes)	Countryside YMCA, 2699 Deerfield Rd., Lebanon, OH 45036	Friday 11am-1:30pm	1/13/2017	2/17/2017	Cara Ebel 513-346-1424 x <a href="mailto:Cara.Ebel@ymcastaff.org">Cara.Ebel@ymcastaff.org</a>
CDSMP (Chronic Disease)	Trihealth, 8240 Northcreek Dr., Cincinnati, OH 45236	Wednesday 2-4:30pm	1/18/2017	2/22/2017	Julie Geiler 513-569-1948 <a href="mailto:Julie_Geiler@trihealth.com">Julie_Geiler@trihealth.com</a>
CDSMP (Chronic Disease)	Center on the Hill Senior Center, 6381 Center Hill Ave., Cincinnati, OH 45231	Tuesday 12:30-3pm	2/7/2017	3/14/2017	Deb Yaeger 513-242-9100 x107 <a href="mailto:Deborah.Yaeger@USE.SalvationArmy.Org">Deborah.Yaeger@USE.SalvationArmy.Org</a>
CDSMP (Chronic Disease)	Journey to Hope, 703 Compton Rd., Cincinnati, OH 45231	Thursday 1-3:30pm	3/2/2017	4/6/2017	Diane Kinsella 513-931-5777 <a href="mailto:DKinsella@nmpchurch.org">DKinsella@nmpchurch.org</a>
DSMP (Diabetes)	Countryside YMCA, 2699 Deerfield Rd., Lebanon, OH 45036	Friday 11am-1:30pm	3/3/2017	4/7/2017	Cara Ebel 513-346-1424 x <a href="mailto:Cara.Ebel@ymcastaff.org">Cara.Ebel@ymcastaff.org</a>
CDSMP (Chronic Disease)	Greater Emanuel Apostolic Temple, 1150 Galbraith Rd., Cincinnati, OH 45231	Saturday 11am-1:30pm	3/4/2017	4/8/2017	Melanie Moon 513-324-6173 <a href="mailto:melanmoon@gmail.com">melanmoon@gmail.com</a>
CDSMP (Chronic Disease)	Sanctuary Pointe, 11501 Hamilton Ave., Cincinnati, OH 45231	Monday 10am-12:30pm	3/6/2017	4/10/2017	Nora Dashley 513-923-4466 <a href="mailto:ndashley@myY.org">ndashley@myY.org</a>
CDSMP (Chronic Disease)	Baldwin Grove, 11111 Springfield Pike 45246	Thursday 5-7:30pm	3/9/2017	4/20/2017	Melanie Moon 513-324-6173 <a href="mailto:melanmoon@gmail.com">melanmoon@gmail.com</a>
CDSMP (Chronic Disease)	Blue Ash YMCA, 5000 YMCA Dr., Cincinnati, OH 45242	Thursday 204:30pm	3/23/2017	4/27/2017	Jowelle Mitchell 513-791-5000 <a href="mailto:jmitchell@cincinnatiymca.org">jmitchell@cincinnatiymca.org</a>

Elaine Hordes, Healthy U Coordinator (513)226-1585 [ehordes@help4seniors.org](mailto:ehordes@help4seniors.org)

Council on Aging of SWOhio (800)252-0155 [www.help4seniors.org](http://www.help4seniors.org)

For workshops sponsored by the VA Medical Center for registered veterans and their families, call 861-3100 x4881