

Join our Chronic Disease Self Management Program (CDSMP)!



September 21 | 4 p.m. – 6:30 p.m.

Second Baptist Church
4680 Walnut Grove Rd., Memphis TN 38117

We are offering free health education classes for people who have chronic diseases. Caretakers are also eligible to attend, with or without their patient.

We will discuss techniques to help manage symptoms of chronic diseases, such as:

Cardiovascular disease • Cancer • Asthma • Diabetes
Arthritis • Lung disease • Other chronic diseases

Classes will meet once a week for six weeks.



To register

- Scan the QR code
- Select “Chronic Disease Self-Management Program”
- Enter “Second Baptist” as the location



This project is funded under a grant contract with the State of Tennessee.