



Chronic Disease Self-Management Education Programs 2024 Distance Learning Workshop Schedule – English language

Mondays from 1:00 p.m. to 2:00 p.m. conducted using **Telephone** conferencing on:
February 26 and running through **April 1, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Tuesdays from 1:00 p.m. to 2:00 p.m. conducted via **Telephone** call once a week on:
February 27 and running through **April 2, 2024**

This will be a **Chronic Pain Self-Management Program (CPSMP)** workshop.

Tuesdays from 6:30 p.m. to 7:30 p.m. conducted using **Telephone** conferencing on:
February 27 and running through **April 2, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Wednesdays from 1:30 p.m. to 4:00 p.m. conducted **In-Person** at Palo Duro Senior Center located at 5221 Palo Duro NE, Albuquerque, NM 87110 on:

March 13 and running through **April 17, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Tuesdays from 10:00 a.m. to 12:30 p.m. conducted via **Zoom** once a week on:
April 2 and running through **May 7, 2024**

This will be a **Chronic Pain Self-Management Program (CPSMP)** workshop.

Thursdays from 10:00 a.m. to 12:30 p.m. conducted using **Zoom** video conferencing on:
April 4 and running through **May 9, 2024**

This is a general **Chronic Disease Self-Management Program (CDSMP)** workshop.

For the most up-to-date CDSMEP workshop listings, please visit <http://pathstohealthnm.org> or call (505) 850 - 0176 or (575) 703 - 2343.



Chronic Disease Self-Management Education Programs 2024 Distance Learning Workshop Schedule – English language

Thursdays from 1:30 p.m. to 4:00 p.m. conducted using **Zoom** video conferencing on:
April 4 and running through **May 9, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Tuesdays from 10:00 a.m. to 12:30 p.m. conducted using **Zoom** video conferencing on:
May 14 and running through **June 18, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Tuesdays from 1:30 p.m. to 4:00 p.m. conducted using **Zoom** video conferencing on:
May 14 and running through **June 18, 2024**

This will be a **Diabetes Self-Management Program (DSMP)** workshop.

Wednesdays from 1:30 p.m. to 4:00 p.m. conducted using **Zoom** video conferencing on:
May 15 and running through **June 19, 2024**

This will be a **Cancer: Thriving & Surviving (CTS)** workshop.

Thursdays from 10:00 a.m. to 12:30 p.m. conducted using **Zoom** video conferencing on:
May 16 and running through **June 20, 2024**

This is a general **Chronic Disease Self-Management Program (CDSMP)** workshop.

Thursdays from 1:30 p.m. to 4:00 p.m. conducted using **Zoom** video conferencing on:
May 16 and running through **June 20, 2024**

This will be a **Chronic Pain Self-Management Program (CPSMP)** workshop.

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or call (505) 850 - 0176 or (575) 703 - 2343.



Chronic Disease Self-Management Education Programs **2024 Distance Learning Workshop Schedule – Spanish language**

Fridays from 5:30 p.m. to 6:00 p.m. conducted using **Telephone** conferencing on:
March 15 and running through **April 19, 2024**

This will be a **Programa de manejo personal de la diabetes**
(Spanish Diabetes Self-Management Program) workshop.

Mondays from 10:00 a.m. to 10:30 a.m. conducted using **Telephone** conferencing on:
April 8 and running through **May 13, 2024**

This will be a **Programa de manejo personal de la diabetes**
(Spanish Diabetes Self-Management Program) workshop.

Tuesdays from 12:00 p.m. to 12:30 p.m. conducted using **Telephone** conferencing on:
May 7 and running through **June 11, 2024**

This will be a **Programa de manejo personal de la diabetes**
(Spanish Diabetes Self-Management Program) workshop.

Wednesdays from 6:30 p.m. to 7:00 p.m. conducted using **Telephone** conferencing on:
May 8 and running through **June 12, 2024**

This will be a **Programa de manejo personal de la diabetes**
(Spanish Diabetes Self-Management Program) workshop.

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or call (505) 850 - 0176 or (575) 703 - 2343.