

## Live Well, Virginia!, Chronic Disease Self-Management Program, Fairfax

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Advance notice may be needed for accommodations.

Family

No

Intake Process

Call, email, or visit the website for information.

Intake Contact Telephone

(703) 324-7948

Provider Refer

Yes

Report Problems

Call the Agency

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Send an Email

,

Send a Letter

Residency Requirements

Serves residents of the cities of Falls Church and Fairfax and Fairfax County

Self Refer

Yes

Fairfax County Area Agency on Aging

<https://www.fairfaxcounty.gov/familyservices/older-adults>

<https://www.fairfaxcounty.gov/hocode/ereg/Registration.aspx?groupID=34>

Main

(703) 324-5374

TTY/TTD

(703) 449-1186

12011 Government Center Parkway  
Suite 708  
22035 VA  
United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

Multi-Lingual

The Chronic Disease Self-Management Program (CDSMP) is a six week, 2.5 hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise
- Evaluating new treatment choices
- Appropriate use of medications
- Effective ways to talk with healthcare professionals and loved ones

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Service Area(s)

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[FairfaxAAA@fairfaxcounty.gov](mailto:FairfaxAAA@fairfaxcounty.gov)