



# LIVING *Well* with CHRONIC CONDITIONS

**Living Well with Chronic Conditions** is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets 2½ hours, once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People with different chronic health conditions attend the workshop together to learn:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

A “chronic” health condition is a health concern that lasts over a long period of time, most often, a life time. Examples of chronic conditions include: diabetes, depression, osteoporosis, asthma, heart or lung disease, high blood pressure, obesity, fibromyalgia, arthritis, etc.

Problems like pain, fatigue, and frustration are often a result of a chronic condition and can be difficult to overcome.

If you are interested in participating, please call the Aging & Disability Resource Center at **1-888-538-3031** for class schedule and registration.