

Take Charge of your Health!



Living Well

A Chronic Disease Self-Management Program

"Living Well" is a FREE 6-week, Chronic Disease Self-Management Program that provides adults who have long-lasting health problems with the tools they need to help them take charge of their health and live active and enjoyable lives.

Who Should Attend?

If you have a chronic health condition or love someone who does, then this workshop is for you!

Chronic health conditions include, but are not limited to:

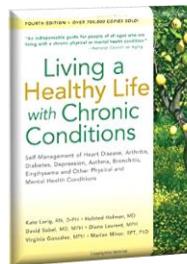
- Arthritis
- Cancer
- Respiratory conditions
- High Blood Pressure
- Diabetes
- Heart Disease

What are the Benefits of Attending?

- Decreased pain and health distress
- Increased energy and less fatigue
- Increased physical activity
- Decreased depression
- Better communication with physicians
- Decreased social role limitations
- Increased confidence in managing chronic disease

What to Expect:

- A Lively, fun, & interactive research based workshop
- A supportive environment to learn and connect with others who are managing chronic health conditions
- Weekly workshops once a week for 6 weeks for 2.5 hours each week lead by 2 trained leaders



Each Participant will receive a FREE copy of the book:

[Living a Healthy Life with Chronic Conditions, 4th Edition](#)

Upcoming Workshops

January 20th – February 24th, 2020

Wednesdays 1:00 – 3:30 pm

(Please Note: Due to current COVID-19 restrictions workshops will be held virtually via telephone or computer)

For more information or to register for an upcoming workshop, please call:

301-790-0275 ext.242

