



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

There's a Living Well with Chronic Conditions workshop starting soon near you!

VIRTUAL LIVING WELL CLASS

DATES: Tuesdays September 29th-November 3rd, 2020

TIME: 12:30-3:00pm

PLATFORM: WebEx – need access to computer, laptop, or tablet

Registration and More Information: Contact Nancy Krueger at 920-740-9572 or email nkrueger@vpind.com

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team