



THE WELL

Your Source for Health and Wellness Information

Take charge, feel better! The Living Well with Chronic Conditions program is a six-week workshop that teaches practical skills for living a healthy life with ongoing health conditions such as: asthma, arthritis, cancer, diabetes, depression, fibromyalgia, heart disease, chronic pain and others. It is designed to complement and enhance medical treatment and disease management.

The workshop benefits adults of any age who have one or more long-term health conditions. A caregiver or relative is welcome to attend the course with you.

Although there are many chronic health conditions, the problems and symptoms associated with each one are often similar. This workshop was designed and tested at Stanford University and provides you with the tools to manage your symptoms effectively and empowers you to take control of your health. You will learn better ways of coping and managing your health by:

1. Finding practical ways to deal with pain and fatigue
2. Finding support and solutions to problems
3. Discover better nutrition and exercise choices
4. Making daily tasks easier
5. Learning to relax and manage stress
6. Learn better ways to talk with your doctor and family about your health

If you would like more information about the Living Well with Chronic Conditions workshops offered in our community, please contact your resources at “The Well” - Dana Topliff, Melissa Vaughan, or Jenny Stollenwerk. Additional information is also available at www.livingwellco.org.