



Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems. The program focuses on helping you feel better, have more control, and do the things you want to do.

Living Well helps you build self-confidence in your ability to manage your condition.

You will get information and research - based advice for:

- Mind-Body Connection, Sleep
- Problem-solving, Dealing with Emotions
- Making Decisions, Pain, Fatigue
- Better Breathing, Communication skills
- Physical activity, Exercise, Relaxation
- Healthy Food Choices, Medication Usage
- Depression, Positive Thinking
- Weight Management
- Working with Health Care Professionals and Organizations

Cost: No fee

Living Well with Chronic Conditions

Everything you need to make the changes that will change your life.

Meet & Greet Webex practice

Tuesday, 1:00 - 2:00 pm
September 28, 2021

Tuesdays, 1:00 - 3:30 pm

October 5 - November 9, 2021

Online via Webex (Need internet & device)
Program coordinator will assist with set up.

Registration

Please register at least one week in advance at www.adrcevents.org or call 715-839-4735.

Class size limit is 10.

