

## > Living Well workshops

# Real life support

If you or someone you love is dealing with a chronic condition, Living Well workshops can help.

### What is a Living Well workshop?

Living Well with Chronic Conditions is a six-week workshop in your community. It provides tools for living a healthy life when you have a chronic health condition, such as:

- > Diabetes
- > Arthritis
- > Asthma
- > Heart disease
- > Chronic pain
- > Anxiety

When you participate in a Living Well workshop you will meet weekly with your group to talk about the feelings and challenges of living with a chronic condition. You will share in successes and support each other through frustrations. The workshop will help build confidence in your ability to manage your health, stay active and enjoy life.

### Workshop topics include:

- > Managing symptoms
- > Medication tips
- > Working with your healthcare team
- > Setting weekly goals
- > Effective problem solving
- > Communication
- > Handling difficult emotions
- > Tips for eating well
- > Safe, easy exercise

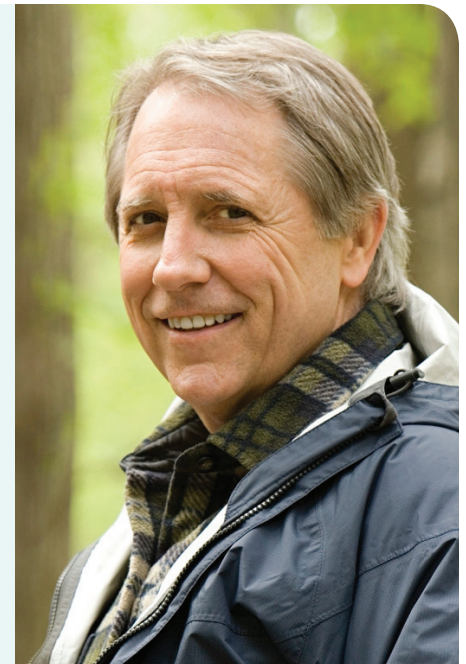
### Workshop details

Over the six-week program participants meet for 2 1/2 hours each week. You'll find a diverse group of people with different conditions, sometimes joined by family or friends. There are two trained leaders at each location – at least one leader has a chronic condition.

The workshops are free or may have a minimal fee to cover the cost of the course.

### Find a workshop:

Call 888-576-7414 or visit [healthoregon.org/livingwell](http://healthoregon.org/livingwell)



### Questions?

Please call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).



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