

# Living Well: Chronic Disease Self-Management Program

## What is Living Well?

Living Well is a group-based workshop that helps people with chronic conditions—such as diabetes, cancer, heart disease, fibromyalgia or arthritis—learn healthy ways to live and be active. The workshop is led by two peer leaders and meets once a week for six weeks.

## You will learn how to:

- Manage symptoms like pain and fatigue
- Eat healthy and be active in new ways
- Communicate with family, friends and your health care team
- Reduce stress and increase relaxation
- Address issues like depression and isolation
- Receive support from other participants

## Free workshop, free gift

All participants will receive a copy of the book, "Living a Healthy Life with Chronic Conditions." Participants who attend four out of six classes and complete workshop surveys will receive a \$25 gift card.

## Who should attend?

The workshop is open to adults of all ages with chronic conditions, as well as their family members and caregivers.

*Co-sponsored and funded by Fairview Health Services, Hadassah Minneapolis and Juniper.*

*Instructors: Rachel Wolk and Gail Carroll.*

*Please note: No new participants can join the workshops after the second session.*



## Upcoming class

Wednesdays  
1–3:30 pm  
Oct. 3, 10, 17, 24, 31, Nov. 7  
Knollwood Place  
Auditorium  
3630 Phillips Parkway  
St. Louis Park, MN 55426

## Register today

To sign up or learn more, contact:  
612-706-4576  
[livingwell@fairview.org](mailto:livingwell@fairview.org)  
[www.fairview.org/livingwell](http://www.fairview.org/livingwell)

Register by September 20, 2018

