

Living Well: Chronic Disease Self-Management Program

Additional class added

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 classes

Wednesdays: Nov. 28, Dec. 5, 12, 19, 26, 2018; Jan. 2, 2019
1–3:30 p.m.

Knollwood Place
Auditorium
3630 Phillips Parkway
St. Louis Park, MN 55426

Register today

To sign up or learn more, contact
612-706-4576 or
livingwell@fairview.org.
www.fairview.org/livingwell