

> Living well

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

What is Living Well?

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

Through weekly sessions, workshop participants provide each other with support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about.

Classes are fun and interactive. Participants share their successes and create a common support system. The workshop builds confidence in your ability to manage your health, stay active and enjoy life.

Workshop details

- > Six-week program – participants meet for 2.5 hours each week
- > Diverse participants – people with different chronic conditions and their family or friends attend
- > Resources, skills and action planning – gain a sense of greater control over life
- > Two trained leaders at each location – at least one leader has a chronic condition
- > Free or minimal cost – some sites may charge a small fee to cover the cost of the course; visit healthoregon.org/livingwell for details



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



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