

Living Well: Chronic Disease Self-Management

Feel better • Be in control • Move more easily • Connect with others

The *free* Living Well workshop is open to adults of all ages who have ongoing health problems or care for those who do.

How will this workshop help?

This six-session series helps you learn new ways to deal with issues such as:

- aches and pains
- fatigue
- setting goals
- using medicines
- being inactive
- feeling sore
- stress
- planning for the future
- solving problems
- difficulty breathing
- healthy eating
- talking with others, including your doctor

"In just a few weeks, I got back to feeling better—and to being the kind of person I like to be."

—Workshop participant

Free class, free gift

All workshop participants will receive a free book: "Living a Healthy Life with Chronic Conditions." Those who complete the workshop will receive a \$25 gift card.

Cosponsored and funded by Fairview Southdale Hospital, Martin Luther Campus, Fairview Community Health, Fairview Foundation and Metropolitan Area Agency on Aging.



Workshop schedule

Tuesdays

9-11:30 a.m.

Oct. 3, 10, 17, 24, 31, Nov. 7

Martin Luther Campus

1401 East 100th St.

Bloomington, MN 55425

Register today

To sign up or learn more, contact:

612-706-4557

livingwell@fairview.org

www.fairview.org/livingwell