

This research-based program developed and tested by Stanford University is designed to complement and enhance medical treatment and improve health through the development of self-management skills.

Living Well with **Chronic Conditions**



This 6-week workshop teaches practical skills for living a healthy life with an ongoing condition.

- ◆ Managing symptoms
- ◆ Medication “how to”
- ◆ Working with your doctor and healthcare team
- ◆ Effective problem-solving
- ◆ Improving communications
- ◆ How to relax
- ◆ Handling difficult emotions
- ◆ Tips for eating well
- ◆ Safe, easy exercise
- ◆ Dealing with depression
- ◆ Pain control
- ◆ Fighting fatigue & frustration
- ◆ Meeting personal goals

People who participate in the program feel better, are less limited by their illness and may spend less time at the doctor or in the hospital.

**Help others
put the**



back in their lives!

Research has shown that workshop participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones.

**Call today for a FREE workshop
in your area!**

www.healthoregon.org/livingwell

541-269-7400 ext. 141