

LIVING WELL

WITH CHRONIC CONDITIONS

DATES: April 13, 20, 27 and May 4, 11, and 18, 2023

TIME: 2:00 pm-4:30 pm

WHERE: ZOOM

This workshop will meet once a week for six weeks for 2 1/2 hours.

Are you living with, or a caretaker for someone with, a chronic physical or mental health condition and you would like to learn more on how to better manage it? Then Living Well is for you.

We will explore topics such as:

- Fitness and exercise
- Weight management and nutrition
- Dealing with difficult emotions and depression
- Positive thinking
- Communication skills
- Decision making and future planning
- Problem solving
- Making an action plan

RSVP: <https://www.eventbrite.com/e/living-well-with-chronic-conditions-tickets-546404880707>

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