

Living Well

Imagine how it would feel to take control of your health!

Are you unsure about how to best manage an ongoing health condition? Are you tired, anxious, frustrated, in pain? Try something new! Join a safe, supportive six-week self-management workshop and discover new, practical ways to live better and healthier. Learn how to:

- Control your pain
- Deal with fatigue, frustration and isolation
- Start an exercise program and increase your energy
- Handle stress and relax
- Eat well to live well
- Use medications effectively
- Solve problems and meet personal goals
- Talk to your doctor about your health
- Make choices about your treatment
- Be a healthy caregiver

Rediscover your zest for living a healthy life in six weeks!

The Living Well self-management workshop was developed at Stanford University and has become the proven leader in self-management for people with chronic health conditions. Sign up for a workshop in your area and rediscover the life you've been missing. New workshops are scheduled regularly by request.

PIERCE COUNTY

April 4 - May 9

**Every Friday for six weeks
from 1 to 3:30 p.m.**

**Lakewood Family YMCA
9715 Lakewood Dr. SW, Lakewood
(253) 460-8938**

How to register and additional information

Contact Healthy Communities Foundation and ask for Living Well registration: **(360) 786-8690, ext. 127**

