

Living Well

Imagine how it would feel to take control of your health – in six weeks!

The Living Well self-management workshops were developed at Stanford University and have become the proven leader in self-management for people with chronic health conditions.

New workshops addressing chronic disease and chronic pain self-management are regularly scheduled by request at convenient locations in your community.

Learn how to:

- Control your pain
- Deal with fatigue
- Start an activity program
- Handle stress and relax
- Use medications effectively
- Solve problems and meet personal goals
- Make choices about your treatment
- Eat well to live well



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CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

Kitsap County

June 8 - July 13

**Every Monday for six weeks
from 10:00 to 12:30**

The Pearl on Oyster Bay

550 Russell Rd., Bremerton

Workshop registration and additional information

Contact Healthy Communities Foundation
and ask for Living Well registration:

(360) 786-8690, ext. 127