

Help Yourself to Better Health!

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically emotionally, and financially draining.



What is Living Well with Chronic Conditions?

Living well is an evidence-based program for adults of all ages who are living with a chronic condition or live with someone who does. In 6 weeks, you learn:

- Coping with fatigue, pain, and isolation
- Communicating with family, friends, and health professionals
- Practicing good nutrition
- Evaluating new treatment options
- Goal setting and problem solving

Summer series:

Six Wednesday mornings:
July 10–August 21, 2024
(no class 7/24)

9:00 AM - 11:15 AM
Kandu Industries Building
15 Plumb Street, Milton

**Register by July 2nd by
calling the ADRC at:
608-757-5309.**

**\$15 suggested donation.
Program suited for those age 60+**

