



# LIVE WELL

## Chronic Disease, Chronic Pain & Diabetes Self-Management Programs

- ❖ Learn to manage your chronic health issues
- ❖ Free ongoing community based workshops
- ❖ Training and volunteer opportunities available

Developed by Stanford University, the Live Well programs are evidence based self-management workshops designed to help individuals take charge of their lives and find solutions that work best for them. These workshops support those living with on-going health issues like diabetes, chronic pain, arthritis, heart disease and anxiety. Workshop participants learn health tips and practical ways to deal with pain, fatigue, and stress.

Find out more on the  
Self Management Workshop, Diabetes Workshop, or Chronic Pain Workshop.

**Join a FREE 6-week Live Well Workshop Today!**  
For more info, visit: [www.cthealthyliving.org](http://www.cthealthyliving.org)

Are you an adult with an ongoing health condition such as arthritis, diabetes, heart disease, high blood pressure, or depression? Or are you caring for someone with a chronic health condition? This workshop can help you be in control and feel better!

**You will learn:**

- Practical ways to deal with pain and fatigue
- How to set realistic expectations
- Decision-making and problem-solving skills
- Communication techniques to make your needs and desires known to your family, friends and physicians
- How to make a step-by-step plan to improve your health and your life

Interested in learning more? Call us at: 203-814-3693  
Or visit: [www.cthealthyliving.org](http://www.cthealthyliving.org)

DORS, DPH, Agency on Aging

**DIABETES WORKSHOP**  
For more info, visit: [www.cthealthyliving.org](http://www.cthealthyliving.org)

**You will learn:**

- How to manage low blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to eat well for yourself
- Healthy snack choices

**You will also:**

- successfully bring all health issues you have
- interact in taking control of your health
- caring for someone with Diabetes
- this workshop is for you!

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DORS, Agency on Aging, DPH

**Learn How to Self-Manage Your Chronic Pain**  
For more info, visit: [www.cthealthyliving.org](http://www.cthealthyliving.org)

**You will learn:**

- Techniques to deal with frustration, fear, isolation, poor sleep
- Exercises to help with pain
- Ways to improve your mood
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Join a FREE 6-week Live Well Chronic Pain Workshop

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DORS, Agency on Aging, DPH

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**To learn more & find a workshop or training near you visit**

**[The Connecticut Healthy Living Collective](#)**

**For more information contact**

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