



LIVE WELL

Chronic Disease & 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, Live Well workshops are evidence based chronic disease and diabetes self-management programs that help individuals take charge of their lives and find solutions. Designed for those with on-going health issues like diabetes, arthritis, heart disease, anxiety, chronic pain, and their caregivers, workshop attendees will learn health tips and practical ways to deal with pain, fatigue, and stress.

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

[The Connecticut Healthy Living Collective](#)

**For more information contact
[Cathy Grosshart](#), Community Health Promoter
Southwestern CT Agency on Aging
203-814-3693 or cgrosshart@swcaa.org**