



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
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