

Take  
Control

Feel  
Better

Energize

Live

Enjoy



"It's Your Life...Live it Well"

## Join a FREE 6-week Live Well Workshop Today!

For more info, visit [cthealthyliving.org](http://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
- Nutrition and exercise choices
- 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)**



Live Well is an evidence based self-management workshop originally developed at Stanford University.