



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

Take Control

Feel Better

Energize

Live

Enjoy

Live Well Workshop

Tools to Manage Chronic Health Conditions

FREE Workshop!

Join us for a **6-week workshop** and explore ways to better manage ongoing health conditions.

Workshops offered in the following formats:

- in-person
- via phone
- virtually

Connect with others weekly and explore:

- Action Planning and Problem-Solving
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Healthy eating, physical activity, and exercise

Participants will receive a *Living a Healthy Life with Chronic Conditions* Book, and a relaxation CD.

For more information on Live Well or to register for a workshop or information session contact:

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or call 203-814-3693

