

Living Well with Chronic Conditions

Classes: **FRIDAYS STARTING:**
JAN 19 - FEB 23 • 8:30^{AM} TO 11^{AM}



Tooele Senior Center (58 E Vine)

Participants are invited to stay for lunch at the center at the end of class. To register call 435-843-4110 or sign up at the Tooele Senior Center.

SUBJECTS COVERED INCLUDE:

- Techniques for frustration, fatigue, pain and isolation
- Appropriate exercise to maintain and improve strength
- Appropriate use of medications and proper nutrition
- Communicating effectively with family, friends, and health professionals
- How to evaluate new treatments

Living Well with Chronic Conditions Self-Management Program is a six-week workshop. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. Workshops are FREE. Family members, friends, or caregivers are also welcome to attend.

RESULTS OF LIVING WELL:

- Increased Self-Reported Health
- Increased Energy
- Increased Activities & Social Roles
- Increased Aerobic Activity
- Increase Stretching and Strengthening
- Increased Cognitive Symptom Techniques
- Better Communication with Physicians
- Decreased Health Distress
- Decreased Fatigue
- Decreased Hospitalization

