

Living Well with Chronic Conditions Workshop Starts May 1

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Living Well Workshops: Managing disability, chronic conditions & pain

Living Well With Chronic Conditions

Tuesdays May 1-June 5, **Logan**
Registration: LaDawn, 435.797.7142

To Be Announced: **St. George**

Living Well With a Disability

Mondays and Thursdays, May 14-June 18, **Ogden**
Registration: Karen @ RTI, (801) 612-3215

Tuesdays May 15-July 31, **Logan**
Registration: Options for Independence, (435) 753-5353

Living Well With Chronic Pain

June 4-July 11, **Brigham City**
Registration: Deanna, (435)723-2171

Registration is required. Workshops are open to people of all ages & abilities.
Register or find more information at: www.livingwell.utah.gov.

A free series of workshops designed to help people reduce hospitalizations, decrease their pain and symptoms and enjoy life more begins on May 1 in Logan. *Living Well with Chronic Conditions* is a six-part workshop developed at Stanford University to help people of all abilities and all ages manage chronic health issues.

This series will also be offered in St. George at a later date.

Benefits of taking this course include increased exercise; ability to do social and household activities; decreased

depression and worry about health; decreased symptoms, including pain; increased confidence; and decreased emergency department visits and hospitalizations.

Workshops are conducted by two trained leaders; one or both of them are managing their own chronic disease. They welcome anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD, emphysema, depression, chronic pain or other chronic health concerns.

Sessions take place on Tuesdays from May 1 to June 6, from 2 to 4:30 pm at the Cache Valley Senior Center. To register, call LaDawn at (435) 797-7412 or visit: www.livingwell.utah.gov.

The workshops help participants take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. Family members and others who support people with a chronic health condition are also encouraged to attend.

Topics include:

- Pain and fatigue management
- Making an action plan to set and achieve attainable goals
- Problem solving
- Dealing with difficult emotions
- Physical activity and exercise
- Decision-making
- Healthy eating
- Communication skills
- Working with health care professionals

Living Well with Chronic Conditions is part of a suite of chronic disease self-management education programs. They are offered through community partnerships, including the Center for Persons with Disabilities at Utah State University and the Utah Department of Health—Arthritis Program.

For information on other self-management classes around the state, see the information on the flyer.