



LIVING *Well* with CHRONIC CONDITIONS

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets 2½ hours, once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People with different chronic health conditions attend the workshop together to learn:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

The Workshop is *Free, although seating is limited!*

**September 9 through Oct 14, 2015
1:00 to 3:30 PM**

**Gundersen Tri-County Senior Living Conference Room
36024 Park Street, Whitehall, WI**

(Across from the Emergency/Clinic entrance, lower level)

To Register call Trempealeau County Health Department at 715-538-2311 ext. 220