



Six weeks. 15 hours. A lifetime of new options for a healthier you!

Managing your health starts with taking care of yourself. **Living Well** workshops offer you a hands-on opportunity to discover solutions that work with your life, and your health concerns.

If an ongoing health problem has kept you from doing things you want to do, you aren't alone. As many as 80% of older adults are living with at least one chronic condition. With mutual support in a **Living Well** workshop, you can build confidence to make new choices and feel better. You set your goals and put new problem-solving skills to work in your own life. It's about doing what's important to you — and not just living, but **Living Well!**

Find a Living Well with Chronic Conditions workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Living Well?

Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems.

People who took Living Well showed a **27% reduction in the average number of emergency department visits.**

Led by trained leaders — some of whom have health conditions themselves — the program focuses on helping you feel better, have more control, and do the things you want to do.

Chronic conditions include:

Asthma
Arthritis
Cancer
Diabetes
Depression
Heart disease
High blood pressure
Osteoporosis
Pain and/or fatigue
... and others

Living Well helps you build self-confidence in your ability to manage your condition.

You'll get information & advice for:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Taking better care of myself isn't impossible. Taking it one step at a time makes it doable.



Local Workshop Information:

When: Thursdays, October 19th-
November 30th (no class on Nov 23rd)

Time: 3:00-5:30pm

Where: Larsen Family Public Library,
Webster, WI

Cost: \$10 for the book each
participant receives.

Registration: Contact Carrie Myers at
the ADRC of Northwest Wisconsin at
877-485-2372! Space is limited so
registration is required.



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Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

A photograph of an older man and woman smiling together. The man is on the left, bald with a grey beard, wearing a brown knitted scarf. The woman is on the right, wearing a white headscarf and a red knitted scarf. They are both smiling warmly at the camera.

Living Well
with Chronic Conditions

Arthritis. High Blood Pressure.
Cancer. Depression.
Heart Disease. Diabetes.

If you have these or any other on-going
health problems, Living Well can help you
live a healthier life!