



LIVE WELL™ WITH CHRONIC CONDITIONS

Five Hills Health Region

A SELF-MANAGEMENT PROGRAM

Live Well™ with Chronic Conditions is a 6-week workshop that provides practical suggestions and support to build confidence and skills needed to manage the day-to-day challenges of living with a chronic health condition.

The goal is to help you improve the quality of your life.

WHO IS IT FOR?

People with different chronic health problems attend the program together.

**Arthritis
Diabetes
Heart disease
Chronic lung disease
Parkinson's disease
Depression
Osteoporosis**

**Multiple sclerosis
Kidney disease
Chronic pain
Cancer
HIV/ HEP C
Stroke
Others**

**INDIVIDUALS
CARING FOR
PERSONS WITH
CHRONIC
HEALTH
CONDITIONS ARE
ALSO WELCOME
TO ATTEND.**

Classes are fun as well as practical. The emphasis is on building skills for managing your health and maintaining an active and fulfilling life.

WHAT WILL YOU LEARN?

**Symptom management (relaxation, visualization)
Goal setting and problem-solving
Nutrition and exercise guidelines
Communication skills
How to access community resources
Managing emotions such as frustration & fear
How to get the most out of life**

This workshop is designed to enhance your regular medical care. It is a good addition to Five Hills Health Region's disease specific education programs.

WHO LEADS THE WORKSHOP?

Two trained volunteer leaders, who also have chronic health conditions, lead the workshop. This workshop is for people with chronic conditions taught by people who face similar challenges. Groups of 10 to 15 people attend 2.5 hour sessions for six consecutive weeks.

There is no cost for this program.

Each participant receives a FREE copy of the companion book, "Living a Healthy Life with Chronic Conditions"

**Workshops are held 2 – 3 times per year.
Workshop dates can be set in a specific community as long as a sufficient number of participants are registered.**

For More Information or to Register:

Call Primary Health Care:

Phone: 691-1562

Fax: 691-2808

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