



**Living Well** is a 6-week workshop designed to help participants learn 13 proven self-management tools, manageable action plans and have support from peers.

**Topics include:**

- Reducing pain and fatigue
- Getting better sleep
- Problem-solving
- Relaxation techniques
- Healthy eating and nutrition: food label reading and meal planning
- Exercising for strength, flexibility and endurance
- Using medications appropriately
- Planning for the future
- Communicating effectively with friends, family, and your medical team, and more!



# Living Well

With Chronic Conditions

Mondays, 9:30 - 12:00 noon  
 April 15 - May 20, 2019  
 Marshfield Clinic Health System - Eau Claire Ctr  
 2116 Craig Rd, Eau Claire

**Cost: No fee.**

**Registration**

Please register at least one week in advance by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).

*“ Our group had a lot of fun, plus we learned so much from each other too. It was well worth the time.”*

*- Former participant*

