

1-888-576-7414

[www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell)

**Feel better.**

**Be in control.**

**Do the things  
you want to do.**

**Find out more about  
Living Well Workshops.**



**Take Charge  
of Your Health**

# Take Charge of Your Health



**Sign up now for a  
Living Well workshop!**



## Take Charge of Your Health.

### Sign up for a Living Well with Chronic Conditions Workshop.

Chronic conditions include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, and multiple sclerosis. If you or someone you care for has an ongoing health condition, the Living Well Workshop can help.

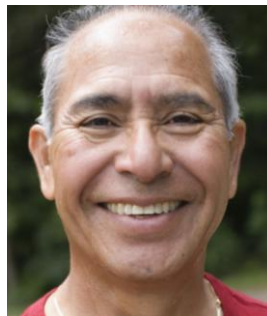
- Get the support you need
- Find practical ways to deal with pain and fatigue
- Eat better and exercise safely
- Understand new treatment choices
- Learn better ways to talk to your doctor and family about your health

**Sign Up Now.**



- Join a fun, interactive Living Well Workshop. Classes are 2 ½-hours, held each week for six weeks.
- Learn from trained leaders with health conditions about how to manage symptoms and medications, problem-solve effectively, relax, and handle difficult emotions.
- Set your own goals and make a step-by-step plan to improve your health and your life.

For more information about a Living Well Workshop near you, please call 1-888-576-7414.



“I have more energy now than I’ve had in years. I’m calmer and more confident about my health.”



“In just a few weeks, I got back to feeling better, back to being the kind of person I like to be.”