Join a small group of adults in community settings for 2½ hours, once a week for six weeks.

The Living Healthy Workshops are led by trained community health educators

Get peer support. Learn self-management and problem-solving strategies, choose your own goals and make personalized step-by-step plans to live a healthy life with your chronic conditions.

Gain skills and confidence needed to achieve lifestyle improvements and become an expert dealing with your health problems.

Embrace your future

If you or someone you care for has chronic conditions such as high blood pressure, high cholesterol, heart disease, diabetes, arthritis, chronic pain or anxiety, a Living Healthy Workshop can enhance medical treatment with successful self-management strategies.

Request more information from your local Aging and Disability Resource Center.

For registration information contact:
Do you have high blood pressure, high cholesterol, heart disease or diabetes?

Living Healthy, a six-week self-management education workshop, can teach you how to take charge of your ongoing health conditions.

You will learn skills like goal-setting, problem-solving and overcoming barriers to help you manage and cope with symptoms from your chronic conditions.

Active involvement in self-management can help you take steps to better health and improved quality of life.

At the workshops you will:
- Find practical ways to deal with fatigue, pain and frustration
- Discover better nutrition and exercise choices
- Understand treatment choices
- Learn better ways to talk with your doctor and family about your health
- Gain real-life skills for living a full, healthy life with chronic conditions

Participants who completed the workshop have demonstrated significant improvements in:
- Symptom management
- Communication with physicians
- Self-reported general health
- Exercise and physical activity
- Participation in social activities
- Confidence in their ability to manage their health
- Well-being

Here’s what participants have said about their experience:

“By participating in the interactive workshops, I now have the skills and confidence to manage the daily tasks and live my life with a chronic condition.”
– 48-year-old male with heart disease

“Through the group process, I was motivated to set up goals to improve the quality of my life. I would recommend this class to anyone with a chronic condition.”
– 60-year-old female with diabetes