



ATLANTA REGIONAL COMMISSION



FREE WORKSHOP

“Healthy Changes for Living with Chronic Conditions”

The Stanford University

Chronic Disease Self-Management Program

Struggling with symptoms of chronic illness? Join this 6-week program to help you enjoy a healthier life! Living well means coping with ongoing health conditions and symptoms such as:

**Fatigue • Stress/Anxiety • Difficult emotions • Pain
Arthritis • Tense Muscles • Obesity • Shortness of Breath
Falls Prevention and Improving Balance**

Living Well workshops will teach you:

- ✓ Pain and depression management
- ✓ Better management of medication usage
- ✓ Decision-making and goal-setting
- ✓ How to improve balance & prevent falls
- ✓ Communication with family, friends, and health professionals
- ✓ Healthy eating, including reading & interpreting food labels
- ✓ Relaxation techniques and how to get a good night's sleep

FREE LIVING WELL WORKSHOP!!

Grady Hospital Campus

Faculty Office Building

49 Jesse Hill Jr. Drive, Room #103

Atlanta, Georgia

May 23 – June 27, 2017----- 1:00p – 3:30p

(GROUP MEETS ONCE A WEEK)

Contact: Lynda Conner (404) 463-3522 to Register!!