



ATLANTA REGIONAL COMMISSION



## “Healthy Changes for Living with Chronic Conditions”

(Stanford University’s 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
- ✓ And much more!

### **FREE WORKSHOP!!**

**April 28 – June 2, 2018**

**11:30a – 2:00p**

(Group meets once a week on Saturdays for six weeks)

Open Hand

181 Armour Drive, NE  
Atlanta, Georgia 30324

To Register Contact: Lynda Conner (470) 378-1630 or [lconner@atlantaregional.org](mailto:lconner@atlantaregional.org)