

# Healthy Living with Chronic Conditions

**Healthy Living Chronic Disease** is a free, six week workshop that helps participants learn proven strategies to manage chronic conditions. Open to anyone 18 or over who has, or cares for someone who has a chronic condition.



## Healthy Living Chronic Disease is for you if you:

- Live with a long-term health issues: arthritis, diabetes, heart disease, anxiety, etc.
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your symptoms

## Participants Say

*Now I know I'm not alone.*

*I feel healthier and smarter and more aware of my health.*

*This workshop showed me I can take control of my future.*

## Topics include:

- Strategies to deal with pain, stress, weight, fatigue, and depression.
- Using physical activity to improve health.
- Using medications safely and appropriately.
- Better communication with doctors and loved ones
- Using nutrition to improve health and control symptoms
- Setting and achieving personal goals.

## Upcoming Workshop

Six weekly sessions—Tuesday afternoons

**February 14th through March 21st**

1:30pm — 4:00pm

Xenia Community Center

1265 W. Second Street, Xenia, OH

There is no charge, but you must register in advance.

Leaders: Jeff and Susan

Contact **Jeff** at **937-376-5486 x112** or [jeff.s@gccoa.org](mailto:jeff.s@gccoa.org)

