

Take  
Control



"It's Your Life...Live it Well"

## **LIVE WELL CHRONIC DISEASE PROGRAM**

**Chatham Health  
District**

Feel  
Better

### *A National Health Promotion Program for Adults with Chronic Illness*

Live Well is a free, community based six week workshop series, meeting once a week, for adults and their caregivers who want to learn ways to manage their chronic diseases.



Energize

### **Workshop Goals**

- Provide the education and tools needed to self-manage chronic illnesses
- Encourage healthier behaviors
- Build self-confidence to improve communication with physicians and other community supporters
- Identify better ways of dealing with pain, fatigue and stress
- Provide easy exercises
- Improve nutrition
- Learn the appropriate use of medications
- Provide skills to talk with family about treatment decisions

Live

Enjoy

**Please call the Chatham Health District at 860 365-0884 if you are interested in this free six week Live Well Workshop. Typical class size is 10-14 participants.**

*"It's your life, live it well"*