

FREE WORKSHOP

Living Well *with chronic disease*



Six-week workshop for people with chronic health concerns including:

- Heart Disease
 - Asthma
 - Arthritis
 - Diabetes
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Group meets for 2 1/2 hours once a week for 6 weeks to discuss:

- Managing symptoms
- Medication “how-to”
- Working with your healthcare team
- Setting weekly goals
- Effective problem-solving
- How to relax & handle difficult emotions
- Tips for eating well

For information contact:

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