



LIVING WELL
with CHRONIC CONDITIONS

Patient Name: _____



Enroll in a Living Well with Chronic Conditions Workshop

Living Well with Chronic Conditions workshops empower those living with conditions like arthritis, heart problems, asthma, stroke, pain, osteoporosis, high blood pressure, diabetes, obesity, emphysema, and cancer and allows them make the best of their situation.

Learn how to...

Feel better about life

Deal with anger, depression, and other emotions

Set personal goals and problem solve

Improve nutrition and develop a suitable exercise program

Manage your medications

Manage your symptoms

Manage stress

Communicate with family, friends, and health care professionals

To locate a workshop in your area contact the Arthritis Foundation Wisconsin Chapter Information and Referral at **1-800-242-9945**.



www.WisconsinArthritisProgram.org
