

After participating in the **Living Healthy** workshop, participants showed significant improvements in:

- Exercise
- Communication with physicians
- General health

Feel better.

Be in control.

Do the things you want to do.

Find out more about  
Living Healthy Workshops  
at [www.healthyagingnc.com](http://www.healthyagingnc.com)



### Agency Information:

For more information about  
workshops at this location:



# “Put Life Back in Your Life”



The Living  
Healthy with  
Chronic Disease  
Self Management  
Program



Photo Credit: Eat Smart, Move More North Carolina

## Guidelines to benefit from a **Living Healthy** workshop:

- If you have a health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and/or depression, the **Living Healthy** Workshop can help you take charge of your life.
- Ability to tolerate being in a room with 10 or more people for 2 ½ hours.
- Ability to stay focused, more or less, on the topics or activities.
- Possess reading skills and/or be willing to be paired up with another participant.



*“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”*



*“In just a few weeks, I got to feeling better and back to being the kind of person I like to be.”*

### Put Life Back Into Your Life. Consider a **Living Healthy** Workshop

Are you an adult age 18 or older with an ongoing health condition?

What you will learn from a **Living Healthy** workshop:

- find ways to deal with pain, tiredness, and fatigue
- explore ways to get better sleep
- discover better nutrition and exercise choices
- understand new treatment and medication choices
- learn better ways to talk with your doctor and family about your health
- create action plans

## Sign Up Now. Spaces Are Limited.

- Join a free 2 ½-hour **Living Healthy** Workshop, held once a week for six weeks.
- Learn from trained volunteer and professional leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*

