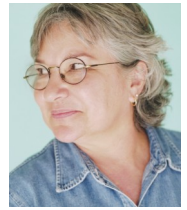




Living Healthy Workshops

Feel better. Be in control.
Do the things you want to do.



Are you an adult with an ongoing health condition, or do you provide care for someone with an ongoing health condition? If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or depression, the Living Healthy Workshop can help you take charge of your life.

- Get the support you need
- Find practical ways to deal with pain and fatigue
 - Discover better nutrition and exercise choices
 - Understand new treatment choices
- Learn better ways to talk with your doctor and family about your health
 - Set your own goals and make a step-by-step plan to improve your health—and your life

Leaders are trained volunteers who also have a chronic condition or are caregivers for someone with a chronic condition.

The workshop series is **FREE**. Book and materials are provided for use during classes. If you want to keep the book after the series, it can be purchased for \$10.00.

TO LEARN MORE ABOUT LIVING HEALTHY WORKSHOPS OR TO REGISTER FOR A WORKSHOP SERIES, PLEASE CALL: 756-4198 or email: jmartin@sevenvalleyshealth.org.



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

SPONSORS: Seven Valleys Health Coalition, the Cortland County Health Department, Family Health Network, and the NYS-DOH Healthy Heart Program.



Living Healthy is the local implementation of the Chronic Disease Self Management Program© 2006, developed by the Stanford Patient Education Research Center.