

what is LIVING WELL?

Living Well and **Living Well with Diabetes*** are self-management workshops facilitated by trained leaders that help you take control of your health by using small steps toward positive changes and healthier living.

Workshops are interactive and not just lectures! Groups of 8 to 15 individuals take part in the workshops to share their experiences and provide support to each other.

You **WILL** benefit from **Living Well** if you have or are caring for someone with a chronic condition such as:

- Arthritis
- High Blood Pressure
- Heart Disease
- Asthma
- Migraines
- Cancer
- Diabetes
- Depression
- Parkinson's
- Obesity
- Fibromyalgia
- Anxiety

People who attend the workshops have shown:



More energy and less fatigue



Improved overall health



Health care cost saving



Slower progression of chronic conditions

***Living Well with Diabetes** is specifically for people with or caring for someone with Diabetes.



"I really enjoyed the support of the group. They helped me keep my action plan goals and helped me modify them so they are more achievable."
Jessica, 48

WHAT YOU WILL LEARN:

Each session gives you the tools you need to take control of your ongoing health conditions. It's offered in many languages and sessions topics covered include:

- Medication Management
- Action Planning
- Communicating Health Issues
- Healthy Eating
- Physical Activity
- Problem Solving

**2 - 2.5
HOURS**

**1x PER
WEEK**

**6
WEEKS**

Enroll **TODAY** in the 6-week workshop that will help you take control of your **HEALTH**

Living Well With Chronic Disease Classes are beginning in York!

**Info Session Thursday, June 15th at 12:30pm
Classes Start Thursday, June 22nd 1pm
at Four Corners Health Department**

**For more information or to register:
Angel, Sara or Chris- (402) 362-2621**

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NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES
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