

Live Well, Age Well

*Learn to live your best with
a chronic condition*



Living with a chronic condition or caring for someone with a chronic condition?

Don't miss out on this free six-week workshop series that will take you on a wellness journey and provide you with opportunities to improve your health and outlook on life. These small group workshops are fun and interactive, with 8-12 adults. Volunteer facilitators Mary Erickson and Nancie Mann will share tools and techniques to help you take charge, feel better and live a fulfilling life. Tell your friends!

We will explore ways to:

- Optimize our overall health
- Discover the level of activity right for you
- Communicate effectively with others
- Improve our food choices
- Cope with challenging emotions
- Build supportive relationships

Registered participants will receive a complimentary *"Living a Healthy Life with Chronic Conditions"* resource book.

Chronic Disease Self-Management (CDSMP) is an evidence-based program designed by Stanford University and sponsored by Clackamas County Social Services and AmeriCorps Seniors volunteers.

Weekly on Mondays

Feb. 27–April 3, 2023

1 p.m. to 3:30 p.m.

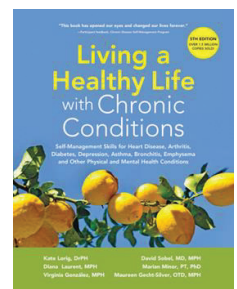
Gladstone Senior Center

1050 Portland Ave.

Gladstone, OR 97027

Pre-register at

bit.ly/LiveWellGladstone



Have questions? Call 503-650-5796 or email us at livingwell@clackamas.us