

Living Well with Chronic Conditions

Offered live, free & virtual



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

The past two years of the pandemic have taken a toll on many people's health. Join us for a free six-week virtual interactive workshop to discover ways to improve your health and outlook on life. These small-group workshops are fun, live and involve 8-12 adults. Participants must have access to a computer or device with a camera and audio ability for using Zoom. Facilitators share tools and techniques to help you take charge, feel better and live a happier life!

We will explore ways to:

- Use positive thinking, breathing and relaxation techniques
- Deal with depression, anger, fear and frustration
- Develop healthy eating habits and food choices
- Discover the level of activity right for you
- Communicate effectively with others
- Learn tips about medication management and working with healthcare team
- Brainstorm solutions to challenges and barriers
- Make weekly action plans
- Learn pain management options

**To learn more, join our
"Sneak Peak" session:**

Tuesday, April 19
1 p.m. to 2 p.m.

Pre-register online:

[livingyourbestspring42020.
eventbrite.com](https://livingyourbestspring42020.eventbrite.com)

Full workshop sessions will start Tuesday, April 19 and continue weekly on Tuesdays through May 31, 2022 from 1 p.m. to 3:30 p.m.

Participants receive a complimentary "Living a Healthy Life with Chronic Conditions" resource book to keep.

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.



To pre-register, sign up online at livingyourbestspring42022.eventbrite.com
Have questions? Call 503-650-5796 or email livingwell@clackamas.us