



Living Well with Chronic Conditions

A Free 6- Week Workshop for Adults 18+

Are you or someone you care for living with **arthritis, high blood pressure, chronic pain, anxiety or diabetes?**

Attend a **FREE 6- week workshop and discover how to:**



Make healthy food choices



Increase physical activity and exercise safely



Cope with pain, fatigue, frustration & depression



Get support from family & friends when you need it



Develop action plans to improve health and wellbeing

To register for a workshop or to ask questions contact:

Phone: 503- 650-5777

Email: livingwell@clackamas.us

**Health, Housing
& Human Services**
CLACKAMAS COUNTY



You will receive a FREE "Living a Healthy Life with Chronic Conditions" book to keep. The 6 six- week workshop is supported and provided by Clackamas County Social Services and the Family Caregiver Support Program.

2019 Fall Workshops

Molalla Adult Community Center

Address: 315 Kennel St. 97038

Workshop: *Living Well with Chronic Conditions*

When: September 5- October 10

Thursdays, 1:00- 3:30 p.m.

Canby Adult Center

Address: 1250 S. Ivy St. 97013

Workshop: *Living Well with Chronic Conditions*

When: Thursdays, 1:30- 4:00 p.m.

September 12 - October 17

Sandy Senior Center

Address: 38348 Pioneer Blvd. 97055

Workshop: *Living Well with Chronic Conditions*

When: Mondays, 9:00- 11:30 a.m.

September 16 – October 21

Pioneer Center

Address: 615 5th St. Oregon City, 97045

Workshop: *Living Well with Diabetes*

When: Tuesdays, 12:30- 3:00 p.m.

September 24 – October 29

Wilsonville Community Center

Address: 7965 SW Wilsonville Rd. 97070

Workshop: *Living Well with Chronic Conditions*

When: October 2- November 6

Wednesdays, 1:00- 3:30 p.m.

Oak Grove Library

Address: 16201 SE McLoughlin Blvd. Milwaukie, 97267

Workshop: *Living Well with Chronic Conditions*

When: October 15- November 19

Tuesdays, 1:00- 3:30 p.m.