

Put Life Back in Your Life

Living Well with Chronic Conditions Workshops

If you have chronic conditions such as diabetes, arthritis, high blood pressure, heart disease, or other ongoing health issues, the Living Well with Chronic Conditions program can help you take charge of your life. The six-week workshop and book "Living a Healthy Life with Chronic Conditions" costs only \$10.

Living Well is brought to you in partnership by:

Deschutes County Health Services
HealthMatters Central Oregon
Oregon Department of Human Services
PacificSource Health Plans
Northwest Health Foundation
Cascade Healthcare Community
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To register and for more information, please call

541-322-7430

www.livingwellco.org