Take Charge of Your Health

Feel better.
Be in control.
Do the things you want to do.

Find out more about Living Well Workshops.

1-888-576-7414
www.healthoregon.org/livingwell

Take Charge of Your Health

Sign up now for a Living Well workshop!

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Sign up for a Living Well with Chronic Conditions Workshop.

Chronic conditions include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, and multiple sclerosis. If you or someone you care for has an ongoing health condition, the Living Well Workshop can help.

- Get the support you need
- Find practical ways to deal with pain and fatigue
- Eat better and exercise safely
- Understand new treatment choices
- Learn better ways to talk to your doctor and family about your health

For more information about a Living Well Workshop near you, please call 1-888-576-7414.

Join a fun, interactive Living Well Workshop. Classes are 2 ½-hours, held each week for six weeks.

Learn from trained leaders with health conditions about how to manage symptoms and medications, problem-solve effectively, relax, and handle difficult emotions.

Set your own goals and make a step-by-step plan to improve your health and your life.

‘I have more energy now than I’ve had in years. I’m calmer and more confident about my health.’

‘In just a few weeks, I got back to feeling better, back to being the kind of person I like to be.’

Sign Up Now.