



Oregon Department of Human
Services
Public Health Division

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Portland, OR 97232

1-888-576-7414

www.healthoregon.org/livingwell



Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about
Living Well Workshops.**



**Put Life
Back in
Your Life**

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Back in
Your Life**



**Living Well with
Chronic Conditions**

Put Life Back Into Your Life. Consider a Living Well with Chronic Conditions Workshop.

Chronic conditions include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, multiple sclerosis, and fibromyalgia. If you or someone you care for has one of these conditions, the Living Well Workshop can help you take charge of your life.

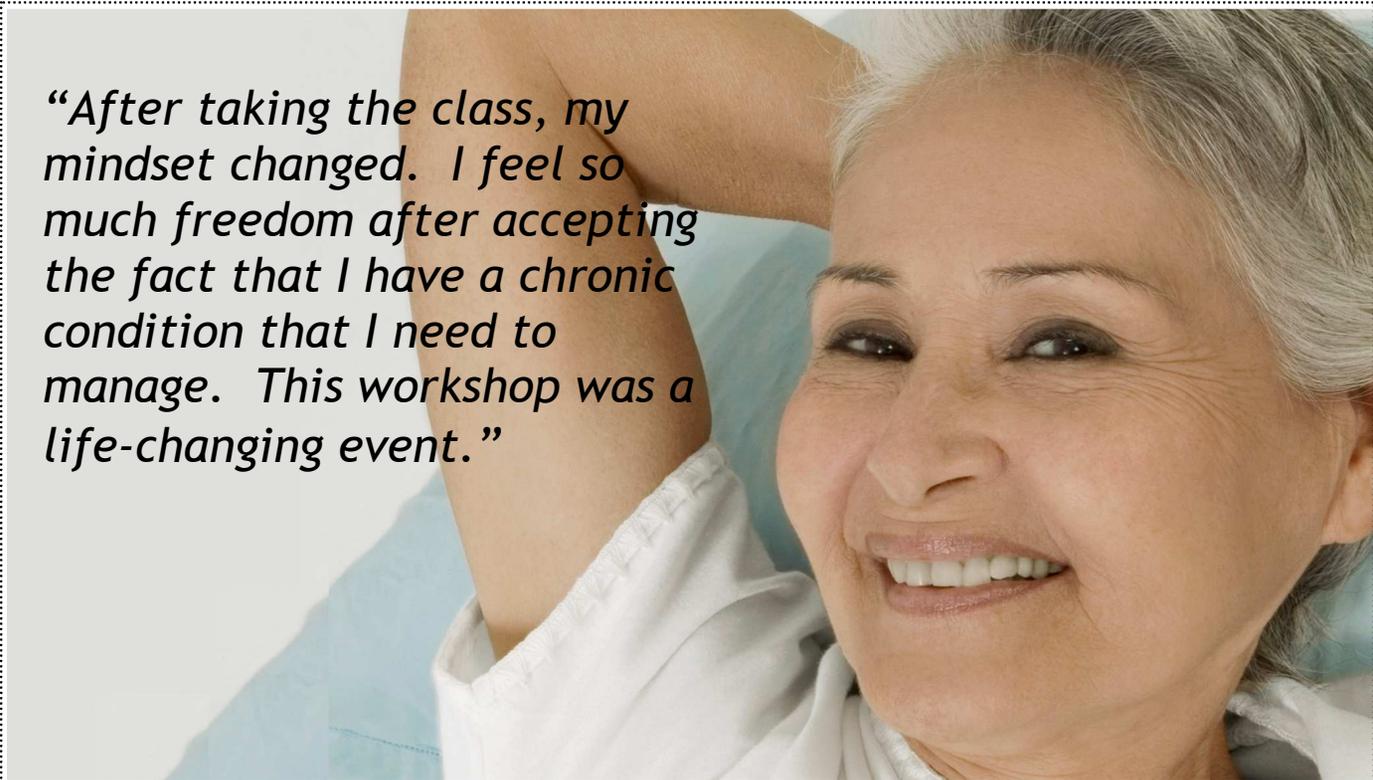
You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Sign Up Now.

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

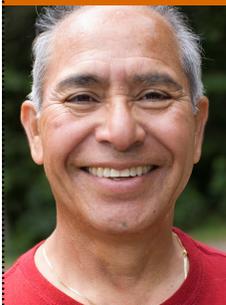
 Learn from trained volunteer leaders with health conditions themselves about how to manage symptoms and medication, work with your health care team, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely.

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



“After taking the class, my mindset changed. I feel so much freedom after accepting the fact that I have a chronic condition that I need to manage. This workshop was a life-changing event.”

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



“Now I have more energy 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 - and back to being the kind of person I like to be.”