



Living Well

with Chronic Conditions



Are you living with or caring for someone with a Chronic Condition?

Join our free six-week workshop in Charbonneau!

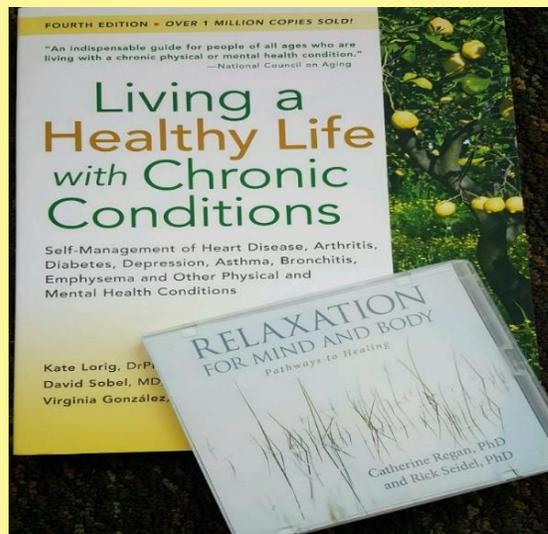
Arthritis, High Blood Pressure, Depression, Diabetes, Heart Disease, Chronic Pain, Anxiety, or other chronic conditions may be having an impact on you or a loved one's life. This FREE 6-week course will provide you with support and self-management tools to assist you or someone you care for with chronic conditions.

Two facilitators, with chronic conditions of themselves, guide participants in building ways to better self-manage your health and outlook on life. Participants will have opportunities to learn ways to manage symptoms and medications, set weekly goals, problem-solve effectively, improve communication, learn relaxation techniques, handle difficult emotions, eat well, and exercise safely. Refreshments and materials provided.

WHEN: Thursdays, Oct. 12 – Nov. 16, 2017*
1pm - 3:30pm each Thursday for 6 weeks
WHERE: SpringRidge at Charbonneau – Lyons Room
32200 SW French Prairie Rd., Wilsonville
REGISTER: Call Erin at 503-650-5605 ~ eeastberg@clackamas.us



Sponsored by Clackamas
County Family Caregiver
Support Program and
Clackamas County Volunteer
Connection and Clackamas
RSVP



This free resource book "Living a Healthy Life with Chronic Conditions", and "Relaxation for Mind and Body" CD is yours for free when attending the workshop and to keep as a resource.

Pre-register by October 5th
503-650-5605