



Living Well with Chronic Conditions



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

Join our free six-week workshop in Lake Oswego!

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 themselves, will 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 resource materials will be provided.

WHEN: Thursdays, Oct. 5 - Nov. 9, 2017

1pm - 3:30pm each Thursday for 6 weeks

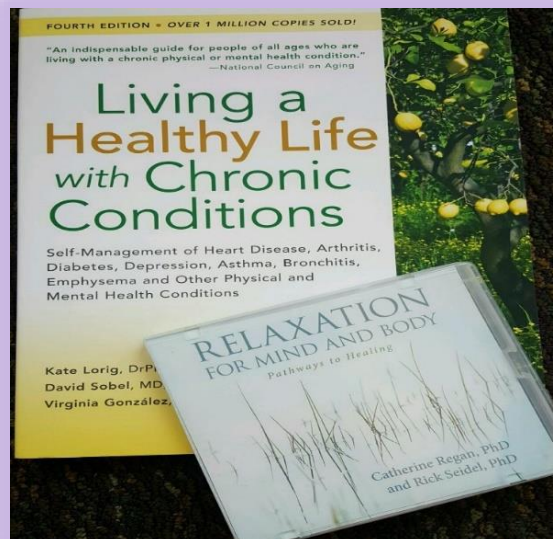
WHERE: Lake Oswego Adult Community Center

505 "G" Street, Lake Oswego, OR 97034

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 3rd
503-650-5605**