

# Upcoming Living Well Classes

## *What is Living Well?*

Living Well can help you cope with ongoing health conditions such as arthritis, high blood pressure, diabetes, heart disease, fibromyalgia, anxiety, and depression. The techniques you'll learn through the Living Well workshops will help you lead a happier, healthier life.

The Living Well program is a six-week program led by trained leaders. During the small group classes members are encouraged to share and offer support. By attending all six classes you will:

- Learn how to manage your condition
- Learn to cope with negative feelings related to your condition
  - Communicate better with your doctor
  - Learn what you can do to help yourself
- Have fun sharing with a positive, supportive group

The group meets once a week for six weeks. Classes last two hours and are held at convenient locations in your county. **This program is FREE of charge.**

## *Who can participate?*

Anyone with a chronic health condition is welcome. Family members, friends or caregivers can sign up too.

## *Sign up today!*

To find a Living Well class near you,  
email [livewellgeorgia@gmail.com](mailto:livewellgeorgia@gmail.com) or call 706-688-9406

**Next Workshop is every Wednesday starting  
September 21<sup>st</sup> to October 26<sup>th</sup> at the University of Georgia in  
Room 216, Barrow Hall**

For more information about Living Well Chronic Disease Self Management Program, please visit

[www.agewiseconnection.com/livingwell](http://www.agewiseconnection.com/livingwell)