

Living a Healthy Life

A 6-week Chronic Disease Self-Management Workshop

Live & Interactive: Meeting via the Internet

Wednesdays 9:00am - 11:30 am (Sept. 30th – Nov. 4th)

Live Well, Virginia! workshops empower adults to achieve a better quality of life while living with health conditions like heart disease, diabetes, arthritis, chronic pain, depression, memory loss, and much more. This workshop, which includes the book *Living a Healthy Life with Chronic Conditions*, helps you build skills and gain confidence to better manage chronic conditions and take control of your health! Some topics covered are how to: manage symptoms, such as pain, fatigue and stress; improve problem solving; increase your physical activity; build communication skills; deal with difficult emotions, and eat healthier.

There is no charge for this workshop series

Class Size is Limited to 12 Participants



For more information, or to register, contact:

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Presented in partnership with Jefferson Area Board for Aging, Sentara Health, Rappahannock Rapidan Community Services, and the Population Health Department at UVA Health

