

# Living a Healthy Life

A 6-week Chronic Disease Self-Management Workshop

**Live & Interactive: Meeting via the Internet**  
**Thursdays 9:00am - 11:30 am (July 23 – August 27)**

*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; 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:**

**Cynthia Woodring: 434-243-6388, email: [populationhealth@virginia.edu](mailto:populationhealth@virginia.edu)**

**Presented in partnership with the Population Health Department at UVA Health**

