



Living Well Alaska

Better Choices, Better Health

*A six week workshop for people
with chronic health conditions*

DATE:

TIME:

LOCATION:

*Arthritis... Heart Conditions...
Diabetes... Vision Loss... Cancer
Emphysema... HIV/AIDS... Asthma...
Stroke... Chronic Pain...*

Chronic conditions can make living a healthy life challenging.
At a Living Well Alaska workshop, you learn to meet these
challenges by:



- Managing symptoms
- Setting goals & solving problems
- Dealing with depression & emotions
- Using relaxation techniques
- Working with your health care team
- Eating well and being active

Class size is limited. To register, call: