



Living Well Alaska

Better Choices, Better Health



A Health Self-Management Program

Living Well Alaska is a six week workshop for people with ongoing health conditions or their family members. Have fun with others as you practice skills to live life to the fullest and meet day-to-day challenges.

At a Living Well Alaska workshop, you will learn the skills to:

- Solve problems that prevent you from doing what you want to do
- Set goals
- Understand and handle symptoms
- Eat well and be active
- Deal with difficult emotions
- Collaborate with your health care team



Wednesdays: March 16, 23, 30 & April 6, 13, 20, 2016

4:30 p.m. to 7:00 p.m.

Cost: \$10 for the entire six-week series

For more information and to register, please call 235-0285

Offered by SVT Health & Wellness and South Peninsula Hospital Community Education