

Small Steps to Wellness

Asthma • Cancer • COPD • Heart Disease
Arthritis • Chronic Pain • High Blood Pressure

Do you have a chronic health condition?

Living Well Alaska

Take charge of your life and learn how to
manage your symptoms!

Our Living Well Alaska workshops can help you live a healthy life by:

- Managing symptoms
- Setting goals
- Solving problems
- Dealing with difficult emotions
- Working with your health care team

Each workshop is a series of six weekly sessions that start at the beginning of each month from 11 a.m.-1:30 p.m. Lunch is provided.

For more information, please contact:

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