

What is Living Well Alaska?

Living Well Alaska is a series of six, 2½-hour classes that will help you learn ways to self manage your health and take charge of your life. Two different workshops are available in Alaska: Chronic Disease Self-Management in English or Spanish and Diabetes Self-Management.

Who Should Attend?

Living Well Alaska classes are very helpful for people with ongoing health conditions.

You are encouraged to bring your spouse, family member, or friend to attend the workshop with you.



What is Health Self-Management?

Self-management is practicing the skills you need to live an active and emotionally satisfying life. People who take these classes feel better, are less limited by their ongoing health condition, and may spend less time at the doctor's or in the hospital.

In the **Living Well Alaska** workshop, you will learn how to:

- ◇ Feel better by managing your symptoms
- ◇ Find support and solutions to problems
- ◇ Reduce limitations caused by pain
- ◇ Get started with healthy eating and exercise
- ◇ Communicate effectively with your doctor and health care team
- ◇ Cope with difficult emotions like depression, anxiety, and frustration
- ◇ Make daily tasks easier
- ◇ Get more out of your life



Who Leads the Workshops?

Living Well Alaska workshops are lead by two co-leaders. Most of the course leaders have ongoing health conditions themselves and have successfully used the skills taught in the program.

Health professionals and community members can become course leaders by completing a four-day Leader-Training Workshop.

What are Alaskans saying about Living Well Alaska?

“Just being able to talk with others that are going through some of the same issues as I am and listening to other solutions was very helpful for me.”

“Very helpful... valuable suggestions”

“This workshop gave me the skills to make better decisions.”

“I am now more determined to keep myself as fit as possible physically, mentally, emotionally and spiritually.”

“I am feeling more in control of my life since classes.”

“Since this workshop I am walking more, visiting with friends more, and taking less pain medicine.”

“The classes stimulated me to action — particularly exercising more and eating healthier.”

Upcoming Workshops

Location:

Contact Information:

Need More Information?

For information about **Living Well Alaska** classes in your area or if you would like to become a course leader, please contact:

Diabetes Program Manager
State of Alaska
Dept. of Health & Social Services
Division of Public Health
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Anchorage, AK 99503
(907) 269-8035
diabetes@alaska.gov
www.hss.state.ak.us/dph/chronic/smp/



Living Well Alaska: Better Choices, Better Health A Health Self-Management Program



*Improve your health
and well-being
one step at a time.*