

# Living with a chronic condition?

Diabetes - Arthritis - Respiratory Disorders - Heart Disease/Stroke  
Hypertension - Osteoporosis

Learn ways of how to control your pain and other symptoms related to chronic disease with ease. Learn to become a bit more independent regardless of the chronic disease. Speak with others who share your experience of living with a chronic disease, and discuss ways to handle the chronic disease.

Cost: FREE

When: Thursdays  
October 29 to December 10

Time: 5:30 PM - 8 PM

Where: Anchorage Senior Activity Center

Address: 1300 E. 19th Ave,  
Anchorage, AK 99501

Let's meet once a week for 6 weeks...

## ***Living Life with Chronic Conditions Workshop (In SPANISH)***

**What can this workshop do for me?**

It assists people with one or more chronic conditions learn ways to self-manage their condition and take charge of their life.

Participants will gain practical skills and strategies which will help them cope with problems resulting from their chronic condition. Open to those who have a chronic condition, or someone who is helping take care of someone with a chronic condition.

*It's never too late to change!*

***IT'S MY HEALTH! IT'S MY LIFE!***

The Living Life with Chronic Conditions Workshop is conducted by trained leaders in a friendly, supportive environment, at a venue near you. ***This workshop is in collaboration with the Health & Wellness Program at the Anchorage Senior Activity Center.***

**How do I enroll?**

**Please call Nelly 907-269-8035, or Carmen 907-770-2025,**

**E-mail: [diabetes@alaska.gov](mailto:diabetes@alaska.gov)**

