

LIVING WELL WORKSHOPS

Start

Ask for
support

Join
Living Well
Workshop

Talk with
friends

Sleep
well

Take
a walk

Live
well

LIVING WELL WORKSHOPS

Every step makes a difference.

Managing a chronic condition is often difficult. The Living Well with Chronic Conditions and Living Well with Diabetes programs help you learn to take small, manageable steps so you can enjoy better health and improve your quality of life.

These 6-week programs are designed for people who are managing chronic conditions, including diabetes, arthritis, chronic pain, fibromyalgia, heart disease, or breathing problems. Workshops are led by trained volunteers, many with first-hand experience managing chronic conditions.

What will I learn to do?

- Make action plans and problem solve.
- Eat well.
- Design your own exercise program.
- Manage fatigue and pain.
- Breathe more easily and effectively.
- Deal with anger, fear, and frustration.
- Relax and manage stress.
- Be an active partner with your health care team.



Take the first step.

Sign up for an in-person or web-based workshop today. Call the Resource Line toll-free at **1-800-992-2279**.

Or register for an online workshop at **kp.org/wa/livingwell**.



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