



Living Well

With Chronic Conditions

Want relief from aches, pains or fatigue?

Six-week workshop helps participants gain control of their lives through manageable action plans and support from peers.

Topics include:

- ◆ Dealing with frustration, fatigue, pain and isolation
- ◆ Exercise for maintaining strength, flexibility and endurance
- ◆ Appropriate use of medications
- ◆ Communicating effectively with family, friends, and health professionals
- ◆ Evaluating new treatment options
- ◆ Healthy eating



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

WHEN: Tuesdays, September 12—
October 17, 2017

WHERE: West Allis Senior Center
7001 W. National Ave

TIME: 1:30 PM to 4:00 PM

COST: FREE
(There is a textbook that can be purchased for \$20 or borrowed for a \$20 refundable deposit, although not required)

For more information or to register, call:

414-302-8700

Program is developed by Stanford University. *Living Well* is supported by the Milwaukee County Department on Aging and the Wisconsin Institute for Healthy Aging.