



Did you know?

- A chronic condition is any health problem that is long-term such as heart disease, diabetes, arthritis, obesity, anxiety, and depression.
- Half of all adults have at least one chronic condition.
- Seven of the top 10 causes of death in 2010 were chronic diseases.
- Treating chronic conditions is costly.

Statistics are from the
Center for Disease Control



MINNESOTA RIVER
Area Agency on Aging®

*Living Well with Chronic
Conditions* was developed at
Stanford University.



Living Well with Chronic Conditions

A 6-week workshop proven to
help people with chronic
conditions better manage their
health.



Living Well with Chronic Conditions

“I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. *Living Well with Chronic Conditions* workshop put me back in charge. Now I have the energy to do the things that matter. I’ve put vitality back in my life.”

Take Control of Your Life!

Are you an adult age 55 or older with an ongoing health condition?

You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the *Living Well with Chronic Conditions* workshop can help you take charge of your life.

This workshop covers the following topics:

- Managing pain and fatigue
- Dealing with our emotions
- Using the mind to manage symptoms
- Exercise and healthy eating
- Medication management
- Working with your healthcare system
- Communicating with doctors and family

Workshop Information

Who:

Where:

When:

Registration Info: