




# Living Well with **Chronic Conditions**



80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.

**Managing your chronic condition** can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

**For information** or to register, contact:

To register online,  
visit **[yourjuniper.org](http://yourjuniper.org)**

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**Juniper** is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

**[yourjuniper.org](http://yourjuniper.org)**

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