



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

Participants will receive the companion book *Living a Healthy Life with Chronic Conditions*.



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

WHEN: Tuesdays, October 11th—
November 15, 2016

WHERE: Franklin Meadows Apartments
7704 S. 51st Street
Community Room

TIME: 1:00 PM to 3:30 PM

COST: A \$20 deposit will be collected for the use of book and refunded when you return the book.

For more information or to register, call the Franklin Health Department:

414-425-9101

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



Franklin Health Department