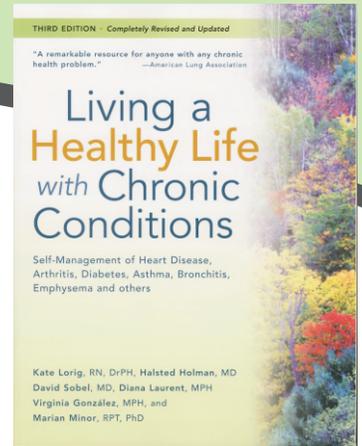




Living Well Series



New Workshops for People who have Ongoing Health Conditions

Living Well is an educational program for people with chronic conditions (e.g., arthritis, diabetes, lung and heart disease). This free 6 week series provides tools that enable participants to take control of their chronic disease and live healthier lives.

Living Well workshops help people:

- Take control of their health using small steps toward positive changes and healthier living
- Manage medications
- Eat healthy
- Start a physical activity program
- Manage stress and learn relaxation techniques
- Get support in quitting tobacco use

All participants receive an easy to follow book that outlines day-to-day management techniques and positive approaches to difficult changes, plus a relaxation CD. Family members and caregivers are also welcome to attend.

Williamsburg Hy-Vee

6001 Village Drive

Wednesdays,
June 12 - July 17
9:30 - 11:30 a.m.

Wednesdays,
September 11 - October 16
5:30 - 7:30 p.m.

Call (402) 441-4605 to register.

Northeast YMCA

2601 N 70th Street

Thursdays,
September 26 - October 31
1:30 - 3:30 p.m.

Call (402) 441-4605 to register.

Care Consultants for the Aging

1530 S. 70th Street #202

Tuesdays,
October 1 - November 5
5:30 - 7:30 p.m.

Call 402-488-3771 to register.

For more information on future programs, or to enroll in the Living Well Program, call Sandy at 402-441-4605.

Sponsored by:

- Lincoln-Lancaster County Health Department
- Aging Partners

