



Living Well with Chronic Conditions

Sick and tired of being sick and tired? This program is encouraged for those who suffer from any chronic condition. Living Well with Chronic Conditions provides the tools to help manage symptoms and overcome obstacles. Subjects covered include: techniques to deal with fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition; and making informed treatment decisions. Classes meet for 2 ½ hours once a week for 6 weeks. Pre-registration is required. New participants are taken until the 2nd week. *Scholarships are available to those in financial need.

Classes reconvening in 2012- Call for more information! [1-888-486-9545](tel:1-888-486-9545)

Class schedule may change. Please call prior to joining a class!

Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.