



Living Well

With Chronic Conditions

Want relief from ongoing health problems?

This 6-week workshop will help you live your best life and connect with others!

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
- ◆ Decision-making
- ◆ Healthy eating

Participants will receive the textbook, *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: Thursdays, April 7-May 12

WHERE: This workshop will meet online using Zoom

TIME: 10:00am-12:30pm

COST: FREE

***Space is limited, so register early!**

For more information or to register, call the Milwaukee County DHHS Aging & Disability Services:

414-758-5681

OR Email:

Bonnie.Street@milwaukeecountywi.gov



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

wiha

Wisconsin Institute
for Healthy Aging