



LIVING WELL WITH CHRONIC CONDITIONS

WHY COME TO THIS WORKSHOP?

You can learn how to live a healthy life with your chronic condition by managing your symptoms.

Learn to control stress and frustration, deal with being tired, and other problems you may have because of your illness. The goal is to help you live a healthy life.

Although there are many chronic conditions, people who come to this workshop often have similar symptoms such as: pain; loss of energy; fatigue and stress; sleeping problems; breathing problems; depression; anger & frustration; and concerns about the future.

THIS WORKSHOP IS FREE!

This program is designed to help people with illnesses including diabetes, cancer, asthma, heart disease, chronic pain, arthritis, and high blood pressure, just to name a few. If you live with a chronic illness or are taking care of someone who has an illness, you will find the program helpful.

WORKSHOP

PROSSER SENIOR CENTER
1231 DUDLEY AVE
PROSSER, WA

THIS IS A SIX-WEEK COURSE;
ONE DAY A WEEK (MONDAYS)
WORKSHOP RUNS SEPT. 20, 27
OCT. 4, 11, 18, 25
TIME: 2:00 P.M. TO 4:30 P.M.

**Space for the workshop is limited so
please sign up early!**

For questions, registration or more information, please call Senior Life Resources in Kennewick.

Toll Free/Direct Line (888)-246-0528/ (509) 735-1911



