

Put Life Back in Your Life



Sign-up for a Living Well with Chronic
Conditions Workshop

- For adults with any type of ongoing health condition:
 - get the support you need
 - find practical ways to deal with pain and fatigue
 - discover better nutrition and exercise choices
 - learn better ways to talk with your doctor and family about your health
 - practice relaxation and other techniques to help you break the symptom cycle
- Learn from trained volunteers with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.
- Join a 2 ½ hour workshop, held each week for 6 weeks.
- Cost is \$20 which includes the book “Living a Healthy Life with Chronic Conditions”.

**Feel better.
Be in control.
Do the things you want to do.**

**Call (920) 448-4300
for more information or to register for a
workshop.**

Reasonable accommodations will be made for disabilities. If you require such an accommodation, please contact the ADRC at least five business days in advance.



“This workshop was a life changing event, I wish I had done it sooner. After taking the class my mindset changed. I’m more calm and more confident”.

Sponsored by:

The Aging & Disability Resource Center-
300 S. Adams Street, Green Bay
(920) 448-4300

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