



Living Well With A Chronic Conditions

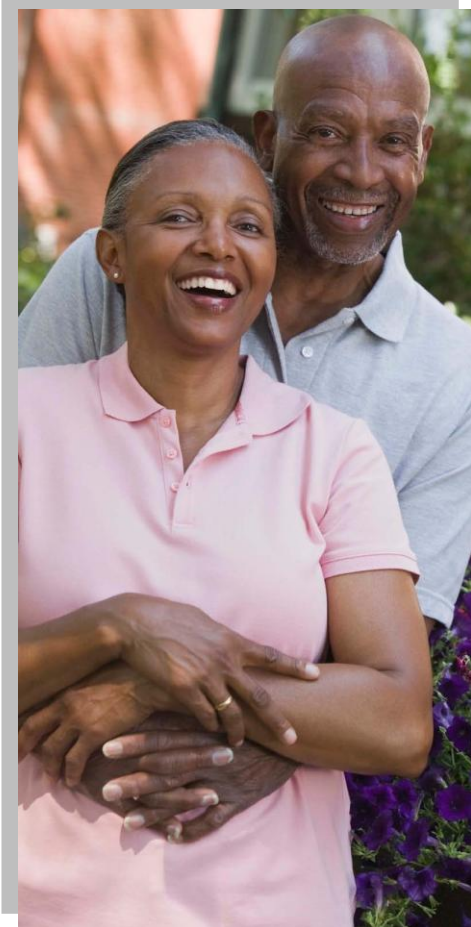
Are you sick and tired of being sick and tired?

If you are dealing with an ongoing health condition, you can take a step towards a better life by signing up for the **free Living Well** workshops. With **Living Well** workshops, you can reclaim control of your life!

Based on Stanford University's widely tested Chronic Disease Self-Management Program, the **Living Well** workshops can help you:

- Find practical ways to deal with pain, fatigue, and stress.
- Discover better nutritional and exercise choices
- Understand new treatment options
- Learn better ways to talk to your doctor and family about your health
- Set weekly action plans, problem solve health issues, and get much needed support

Whatever your ongoing condition—diabetes, arthritis, high blood pressure, heart disease, chronic pain, obesity, anxiety or something else, the **Living Well** workshops can help you get back in charge of your life.



Workshop Schedule

Call **Connie Stauter** to register
903-785-4561 or 903-715-0805



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Paris-Lamar County Health Department

740 SW 6th Street

Paris, Texas

www.parislamarhealth.com

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