Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a **Living Well** workshop near you.

Living Well with Health Conditions Workshop

Suggested donation: $25
Donation covers the cost of a reference book that is yours to keep

Call Amelia at (608) 297-3146
Or
Jenny at (608) 297-3135
for more information

ADRC of Marquette County
Aging & Disability Resource Center

MCHD Public Health
Prevent. Promote. Protect.

Living Well with Health Conditions such as arthritis, cancer, heart disease, depression, or another on-going health problem can be physically, emotionally, and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

What is Living Well? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help.

What you'll learn:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Stress and depression management
- Communicating effectively with friends, family, and medical team