Aging & Disability Resource Center
of Jefferson County
1541 Annex Road
Jefferson, WI 53549
920-674-8734
1-866-740-2372
www.jeffersoncountywi.gov

For workshop schedules in Wisconsin, please go to
www.gwaar.org
or call the Arthritis Foundation, Wisconsin Chapter Information and Referral at
1-800-242-9945

Feel better.

Be in control.

Do the things you want to do.

Find out more about Living Well workshops.

http://dhs.wisconsin.gov/aging/CDSMP/NewCDSMP/index.htm

Please call the ADRC of Jefferson County for information on the next available class

Put Life Back in Your Life

Put Life Back in Your Life

Living Well with Chronic Conditions

Put Life Back Into Your Life.
Consider a Living Well Workshop.

Are you an adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

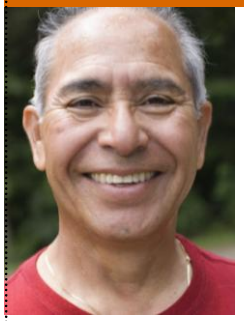
If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

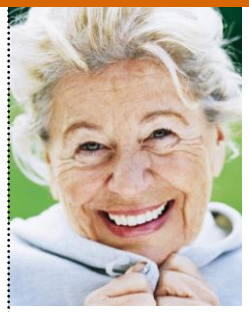
- Join a 2 ½-hour Living Well workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."

To register or get more information, please call:
920 - 674 - 8734



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."