Living Well

with Chronic Conditions

Feel better

Be in control

Do the things YOU want to do

Join Us

Tuesdays, 8:30 am -11:00

November 8, 15, 22, 29

and

December 6, 13

Fort Senior Center
307 Robert Street
Fort Atkinson, WI
Cost: Free for the first 15 participants

Want relief from aches, pains or fatigue?

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, 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, or anxiety, the ***Living Well*** Workshop can help you take charge of your life.

This program is developed by Stanford University and is supported by the Aging and Disability Resource Center of Jefferson County.

ADRC Aging & Disability Resource Center of Jefferson County

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

To Register Call:

Jefferson County ADRC
(920) 674-8734
or

Fort Senior Center
(920) 563-7773