



Enrolling Now!

“Living Well with Chronic Conditions”

Are you sick and tired of feeling sick and tired?

People who participate
in *Living Well* workshops:

- Feel better
- Are more active
- May spend less time at the doctor or in the hospital
- Support each other
- Communicate better with doctor/family

**This six-week program, developed by Stanford University, now is available in many areas of Oregon.*

To enroll

1. Find a workshop near you by calling the OMIP/FMIP plan administrator at: 1-866-543-5765.
2. Register with the program in your area.

Cost: Free to \$50. OMIP/FMIP reimburses member costs for those who complete at least *four of the six sessions*. New to OMIP/FMIP? **Enroll now - no six-month wait.**

1-866-543-5765