



Living Well—Central Oregon

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www.livingwellco.org

1-888-576-7414
www.healthoregon.org/livingwell



Feel better.

Be in control.

Do the things
you want to do.

Find out more about
Living Well Workshops.

This program is offered in
partnership with the Warm
Springs Community Health
Programs.



Living Well—Central Oregon is the collaborative, regional initiative that sponsors and supports the Chronic Disease Self-Management Programs developed and tested at Stanford University. This program is made possible through the cooperation, dedication and support of the following organizations.



NORTHWEST HEALTH
FOUNDATION



Put Life Back in Your Life



Sign up now for a
Living Well workshop!

Put Life Back Into Your Life. Consider a Living Well with Chronic Conditions Workshop.

Chronic conditions include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, multiple sclerosis, and fibromyalgia. If you or someone you care for has one of these conditions, the Living Well Workshop can help you take charge of your life.

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.

Sign Up Now.

Join us for this free, 2 and ½-hour Living Well Workshop, held each week for six weeks. Classes are fun and interactive.

Learn from trained volunteer leaders with health conditions themselves about how to manage symptoms and medication, work with your health care team, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely.

Set your own goals and make a step-by-step plan to improve your health—and your life.



For more information about a Living Well Workshop in Central Oregon,
please call 541-322-7430, or 1-888-576-7414
To register on-line visit www.livingwellco.org



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



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