



Living Well

Manage Your Symptoms and Live Your Life Your Way

Fall Workshops:

Thursdays starting September 13, 2018, 1pm-3:30pm at East Run Center

OR

Mondays starting October 15, 2018 6:00pm – 8:30pm at MedStar St. Mary's Hospital

Do you have on-going conditions such as high blood pressure, high cholesterol, asthma, cardiovascular disease or diabetes that are difficult for you to manage? The Living Well Self Management Workshop, a Stanford University Program, can help you take charge of your life again! This seven-week workshop will teach you many different tools to help you manage long-term conditions impacting your daily living.

Topics covered will include:

- Nutrition
- Dealing with Pain and Fatigue
- Medication Usage
- Communicating with Physicians
- Physical Activity
- Self Management Skills
- Distractions Techniques
- ... and Many More Topics!