



**Six weeks.
15 hours.
A lifetime of new options
for a healthier you!**

Managing your health starts with taking care of yourself. **Living Well** workshops offer you a hands-on opportunity to discover solutions that work with your life, and your health concerns.

If an ongoing health problem has kept you from doing things you want to do, you aren't alone. As many as 80% of older adults are living with at least one chronic condition. With mutual support in a **Living Well** workshop, you can build confidence to make new choices and feel better. You set your goals and put new problem-solving skills to work in your own life. It's about doing what's important to you — and not just living, but **Living Well!**

Find a Living Well with Chronic Conditions workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

 **What is Living Well?**

Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems.

People who took Living Well showed a **27% reduction in the average number of emergency department visits.**

Led by trained leaders — some of whom have health conditions themselves — the program focuses on helping you feel better, have more control, and do the things you want to do.

Chronic conditions include:

- Asthma
- Arthritis
- Cancer
- Diabetes
- Depression
- Heart disease
- High blood pressure
- Osteoporosis
- Pain and/or fatigue
- ... and others

Living Well helps you build self-confidence in your ability to manage your condition.

You'll get information & advice for:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Taking better care of myself isn't impossible. Taking it one step at a time makes it doable.



MILWAUKEE COUNTY
Department on Aging

For more information contact:

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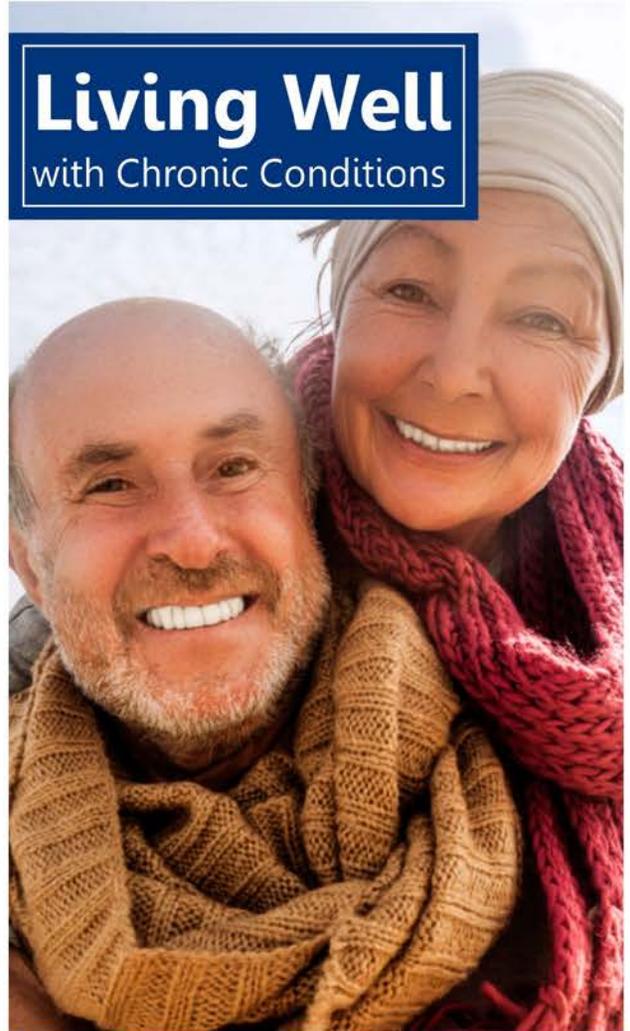
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Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

For a schedule of workshops in
Milwaukee County visit the
Department on Aging's website:

county.milwaukee.gov/aging



Living Well
with Chronic Conditions

**Arthritis. High Blood Pressure.
Cancer. Depression.
Heart Disease. Diabetes.**

If you have these or any other on-going
health problems, Living Well can help you
live a healthier life!