

# Living a Healthy Life

## A 6-week Chronic Disease Self-Management Workshop

**Live & Interactive: Meeting via the Internet**  
**Wednesdays 9:00am - 11:30 am (Sept. 30<sup>th</sup> – Nov. 4<sup>th</sup>)**

*Live Well, Virginia!* workshops empower adults to achieve a better quality of life while living with health conditions like heart disease, diabetes, arthritis, chronic pain, depression, memory loss, and much more. This workshop, which includes the book *Living a Healthy Life with Chronic Conditions*, helps you build skills and gain confidence to better manage chronic conditions and take control of your health! Some topics covered are how to: manage symptoms, such as pain, fatigue and stress; improve problem solving; increase your physical activity; build communication skills; deal with difficult emotions, and eat healthier.

**There is no charge for this workshop series**

**Class Size is Limited to 12 Participants**



**For more information, or to register, contact:**

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***Presented in partnership with Jefferson Area Board for Aging, Sentara Health, Rappahannock Rapidan Community Services, and the Population Health Department at UVA Health***

