

# Living

# Well

## With Chronic Conditions



### *Put Life Back in to Your Life!*

Are you an adult with an ongoing condition?

*Living Well With Chronic Conditions* is a 6-week class where you'll learn:

- practical ways for dealing with pain and fatigue;
- better nutrition and exercise choices;
- better ways to talk to your doctor and family about your health;
- to find the support you need!

If you're living with:

- Diabetes
- Arthritis
- High Blood Pressure
- Heart Disease
- Chronic Pain
- Anxiety
- or another Chronic Condition

*Sign up now!*

This program will be facilitated by Chris Angelo and Bob Carter and held in the lower-level classroom at Sawtooth Mountain Clinic. We'll meet every Thursday from January 5, 2017 through February 9, from 5:00 - 7:00 pm. There is **NO COST** to participate, but you do need to register in advance.



Cook County Public Health & Human Services

For more information or to sign up, call Chris at 264-0277 or Bob at 370-9054.

**Sawtooth Mountain Clinic**  
Together Through Life  
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