

Reflections after *Living Well*

“Thinking about different aspects of my life and talking about them has made me aware that I can be proactive and not be so passive. I plan to stay on track with managing my health.” JoAnn, age 67

“*Living Well* has made me more aware of what I can do to manage my conditions. I am not alone.” Jacque, age 60

“During *Living Well* I met new people and my goals got me out of the house daily. I really loved the class. Thanks to *Living Well* I have accepted my changing conditions.” Keith, age 48

Learn more about *Living Well* or to find a workshop near you:

Visit the *Living Well* Website

www.livingwellne.org

Contact the Nebraska *Living Well* Coordinator

PO Box 95026

Lincoln NE 68509-5026

1-800-745-9311

For more information in your area contact:



Take Control of Your Health



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**WORKSHOP TO IMPROVE
SELF-MANAGEMENT OF
YOUR DAILY HEALTH**

Living Well workshops...

- Help people take control of their health using small steps toward positive changes and healthier living
- Six 2 - 2 ½ hour sessions held weekly
- Most are **FREE**
- A Chronic Disease Self-Management Program developed by Stanford University

Who benefits from *Living Well*?

All people with ongoing health conditions, such as...

- Arthritis
- Diabetes
- Heart Disease
- Asthma
- Cancer
- Depression
- Fibromyalgia
- Congestive Heart Failure
- COPD
- Parkinsons
- Anxiety
- Other chronic conditions

Living Well is also for individuals who care for people with chronic conditions



The *Living Well* Experience

Living Well participants will build confidence, knowledge and skills to better manage daily health by:

- Managing medications
- Dealing with difficult emotions
- Eating healthy
- Controlling pain
- Setting and accomplishing goals
- Fighting fatigue and frustration
- Starting a physical activity program
- Managing stress and learning relaxation techniques
- Solving problems
- Communicating better with others

Living Well workshops are fun and interactive, not just lectures. Facilitators and participants provide support and share their experiences.

Living Well Results

Studies report:

- Fewer hospitalizations
- Fewer visits to the Emergency Room
- Improved opinion of personal health
- Better confidence and ability to manage day-to-day life
- More energy
- Improved communication with healthcare providers
- Better pain management
- Increased physical activity
- Improved relationships with family and friends



Take Control of Your Health!