

Topics will Include:

- Pain & Stress Management
- Decision Making
- Problem-Solving Tools
- Nutrition
- Fall Prevention
- Difficult Emotions
- Planning a Fitness Program
- Communication Skills
- Weight Management
- Making Informed Treatment Decisions
- Medication Usage
- Working with your Health Care Professional & System
- Better Breathing
- Making an Action Plan
- Getting a Good Night's Sleep

Common Diagnosis that Benefit from these Workshops:

- Diabetes
- Heart disease
- Mental Health
- Arthritis
- Chronic Pain/fatigue
- COPD/Asthma
- HIV
- Hepatitis C

Workshop Facilitators

Pend Oreille County: JoDee Savage (509) 447-9997 ext. 702

Ferry County: Cherie Gorton (509) 775-0912 ext. 501

Stevens County: Art Mathew (509) 684-3932 Ext. 6073

Whitman County: Andree Marcus-Rader (509) 332-0365 ext. 805



Rural Resources
Community Action



Images from "Dreamstime" Grandfather 47145700; Grandma 27692681; Happy 21130217; Senior Couple 38638691



Living Well with Chronic Conditions Workshops can help put you back in Control !!!

*Chronic Disease Self-Management

*Diabetes Self-Management

*Pain Self-Management



Put Life Back in Your Life

6 Week Workshops: **Free**

*Chronic Disease Self-
Management

*Diabetes Self-Management

*Pain self-Management

For:

*Those with Chronic Conditions

*Or Caring for someone with a
Chronic Condition



Chronic health conditions are challenging to live with. Sometimes our health problems just get us down and we need a fresh look at how to 'climb back into the driver's seat' of our lives. In these workshops you will meet and receive encouragement from others who also live with chronic conditions. And you will learn new tools for managing your health and creating a healthier life for yourself. If you feel one of these programs would be beneficial for you, or for someone you know, please call.

Call for further
Information or to
Register for a class:



509-684-3932 or
1-800-219-5542