

**Dates & Time**:

**Leaders**:

**Location**: Online via Zoom

**Registration**:

[add link for online registration and/or phone numbers for leaders]

# Don’t let an ongoing health condition rule your life.

Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge. But it doesn’t have to be!

Join a small group of adults for 2 ½ hours, once a week for six weeks.

Get peer support. Learn **self-management** and **problem-solving strategies**, chose your own goals and **make personalized step-by-step plans** to live a healthy life with your chronic condition.

Gain skills and confidence needed to achieve lifestyle improvements and **become an expert at managing your health**!

**Living Well** with **Chronic Conditions**