



Do you want to play an active role in improving your health?

If you have a condition such as chronic pain, hypertension, arthritis, lung disease, diabetes, depression, or anxiety, you're not alone. Eight out of ten older adults do.

Learn practical skills with others while you build confidence in a fun and supportive group inspiring you to stay active and enjoy life.

Join a *Living Well* workshop to share your experiences with others, learn self-management and problem-solving strategies, choose your own goals, and make action plans to live a healthy life with your chronic condition.

Workshop Length: 6 weeks

Time: 2.5 hours per week

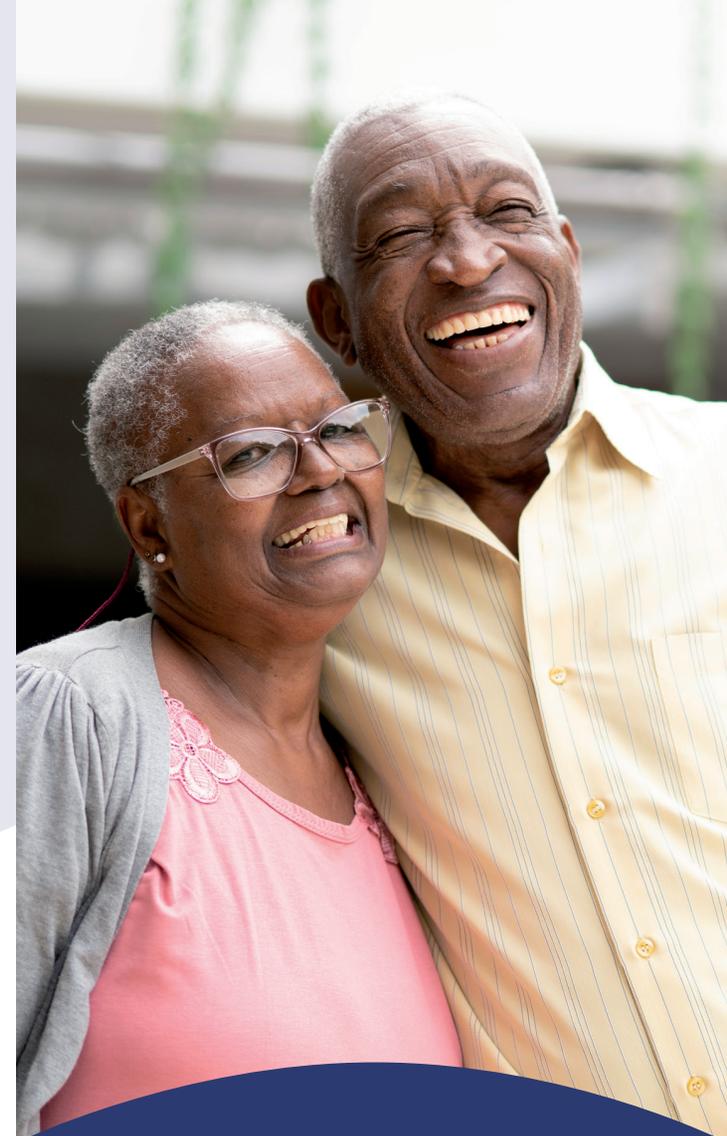
Led By: 2 trained facilitators



Our mission is to advance faith community nursing by providing a whole-person approach to individual and population health. Health promotion and disease prevention are at the core of faith community nursing practice.

Our evidence-based programs are held in partnership with Juniper and are supported by a Live Well at Home grant from the Minnesota Department of Human Services.

FAITH COMMUNITY NURSE NETWORK



Live Well

WITH THE

FAITH COMMUNITY NURSE NETWORK



www.fcnnctc.org/workshops

651-204-0904



Living Well with Chronic Conditions

Designed for people impacted by any chronic condition as well as for their family and friends to support living a healthy life.

Example chronic conditions include: arthritis, autoimmune disease, cancer, heart disease, mental illness, and obesity.

Topics include: goal setting and problem-solving, managing symptoms and addressing emotions, mind-body connection, communication with a healthcare team, tips for eating well, and safe, easy exercise.



Living Well with Chronic Pain

Designed for people impacted by chronic pain as well as for their family and friends to support living a healthy life.

Topics include: managing pain, dealing with frustration and fatigue, pursuing health and communicating about pain effectively, therapeutic exercise, and relaxation techniques.



Living Well with Diabetes

Designed for people impacted by diabetes as well as for their family and friends to support living a healthy life.

Topics include: symptom management, hypo- and hyperglycemia, navigating fatigue and pain, nutrition strategies, and integrating physical activity.

"I have learned there are people like me, not living life to the fullest because of a chronic condition, and that we can move forward."



The Living Well series are SMRC Evidence-Based Self-Management Programs originally developed at Stanford University.

**Find a workshop near you by visiting
www.fcnnctc.org/workshops**

or contacting the Faith Community Nurse Network
office at 651-204-0904