



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

Join a Live Well or Powerful Tools workshop to share your experiences with others, learn self-management and problem-solving strategies, chose your own goals, and make action plans to live a healthy life.

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

These classes are highly interactive, with a mix of presentation, group discussion, and brainstorming.

**Workshop Length:** 6 weeks

**Time:** 1.5 to 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.fcntc.org/workshops](http://www.fcntc.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.



## Powerful Tools for Caregivers

**Designed for** people who help a parent, spouse, partner, child, or friend who lives with a long-term health condition.

**Topics include:** tools for caregivers to help reduce stress, improve self-confidence, manage goals, solve problems, self-advocate, make tough decisions, and locate resources.

*"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](http://www.fcnnctc.org/workshops)**

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