



Evidence-Based Living Well with Chronic Conditions Workshop



Victory Park Center, Classroom 105
600 S. 70th St.
Fridays, 9 to 11 a.m.
October 10 through November 21
(No class October 31)

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions to learn tools to manage their health and live happier, healthier lives.

Some topics include:

- Action planning
- Better breathing
- Medication management
- Communication
- Pain management
- And many more topics

\$8 suggested contributions per class for age 60 and over. \$10 fee per class for those under age 60 (\$60 for the session).

Class size is limited.
Register early by calling 402-441-7575.

Cancellations: Aging Partners reserves the right to cancel an event as needed or due to insufficient reservations.