

# FREE WORKSHOP

# Living Well

*with chronic conditions*



**Register now!**

**Wednesdays**

**September 21—**

**October 26**

**10:30 am—12:30 pm**

**Bring a lunch or snacks!**

**DATE CHANGED:**

Free Information Session  
is now on  
Monday, Sept. 12 10:30 am

**Generously hosted by**



**CAREGIVERS WELCOME**

**This workshop is for you if you have a chronic condition such as:**

Asthma	Diabetes	Heart Disease
Arthritis	Depression	Lung Disease
Cancer	Emphysema	Multiple Sclerosis
COPD	Fibromyalgia	Obesity
Congestive Heart Failure	Parkinson's	
Chronic Fatigue Syndrome	Stroke	

**Groups weekly for 6 sessions to discuss:**

- Managing symptoms
- Medication “how-to”
- Working with your healthcare team
- Setting weekly goals
- Effective problem-solving
- How to relax & handle difficult emotions
- Tips for eating well

**To register or for more information contact:**

**540-718-9341**

or [livewellcdsme@gmail.com](mailto:livewellcdsme@gmail.com)



Rappahannock Rapidan  
Community Services

**You Can! Live Well, Virginia!**