

Living Well Alaska: Better Choices, Better Health

A Health Self-Management Program

Living Well Alaska is a six-session workshop for people with ongoing health conditions or their family members. Have fun with others as you practice skills to live life to the fullest and meet day-to-day challenges. At a Living Well Alaska workshop, you will learn the skills to:



- **Solve problems that prevent you from doing what you want to do**
- **Set goals**
- **Understand and handle symptoms**
- **Eat well and be active**
- **Deal with difficult emotions**
- **Collaborate with your health care team**

Every Monday* February 20 — April 3, 2017
4:00pm to 6:30pm

Cost: \$10 for the entire six-session series

For more information and to register, please call 235-0258

***No class Monday March 13**

Offered by South Peninsula Hospital Community Education

