



Living Well with Chronic Conditions

Meet new people. Focus on your health.

Join us for a FREE six-week self-management workshop for people who experience or care for those with a chronic condition.

**Morgan Health Department
90 W Young St. Morgan, UT 84050
Lower Level Of City Building
Tuesday April 23rd-June 4th
10 a.m.- 12:30 p.m.**

Sign Up! Six weeks from now you'll be glad you joined.



This workshop will cover topics like:

- Healthy Eating
- Goal Setting
- Nutrition and Understanding Food Labels
- Working with your healthcare team
- Managing Symptoms
- Problem Solving
- Physical Activity

Living with a chronic condition can sometimes be isolating. This free workshop can help you reconnect, move more, feel less pain, and enjoy life more fully. It can help give you the motivation to learn new skills, the willpower to try new things, and the confidence to succeed.

**For additional classes visit: livingwell.utah.gov
Or to register call
SaRene Brooks
801-399-7274**



This is a FREE program for adults over 18.