



Living Well with Chronic Conditions

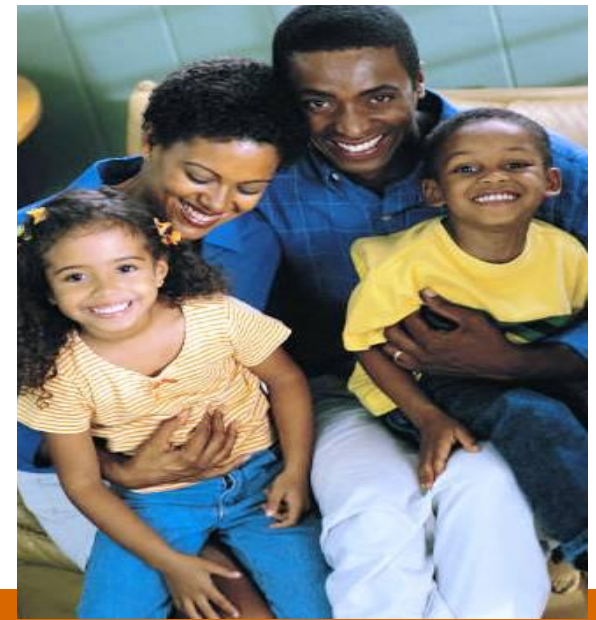
2012 spring workshops:

- Downtown at Parkside Center, Mondays from 1-3 pm, April 2 - May 7
- Brooklyn Center Clinic, Wednesdays from 3-5 pm, April 4 - May 9
- Whittier Clinic, Wednesdays from 1-3 pm, April 11- May 16

Pre-registration is required. Spaces are limited.

Attendance at all six classes is encouraged.

For information or to sign up for the next workshop, call 612-347-9985.



Feel better.

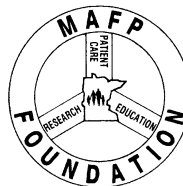
Be in control.

Do the things you want to do.

Find out more about *Living Well with Chronic Conditions* workshops.



Hennepin County
Medical Center



Minnesota Academy of Family Physicians Foundation

Put Life Back in Your Life

Put Life
Back in
Your Life



Living Well with Chronic Conditions


Put Life Back Into Your Life.
Consider a *Living Well with Chronic Conditions* workshop.


Are you an adult with an ongoing health condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the *Living Well with Chronic Conditions* workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

 Join a free 2 hour *Living Well with Chronic Conditions* workshop, held each week for six weeks. *(Attendance at all six sessions is strongly encouraged.)*

 Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



Spaces are limited. Pre-registration is required.
To register and get more information call 612-347-5141



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”