

*"This workshop was a life changing event, I wish I had done it sooner. After taking the class my mindset changed. I'm more calm and more confident".*



## *Living Well with Chronic Conditions Workshop* **Put Life Back in Your Life**

**Thursdays, April 3  
through May 8, 2014  
9:00-11:30 a.m.**

**Matthews Oncology**

**2<sup>nd</sup> Floor Classroom, 1621 N. Taylor Drive  
Sheboygan, WI 53081**

**Call (920) 459-4636 to register  
or for more information.**

**[www.stnicholashospital.org](http://www.stnicholashospital.org)**

Reasonable accommodations will be made for disabilities. If you require such an accommodation, please contact the number listed above at least five business days in advance.

- For adults with any type of ongoing health condition:
  - get the support you need
  - find practical ways to deal with pain and fatigue
  - discover better nutrition and exercise choices
  - learn better ways to talk with your doctor and family about your health
  - practice relaxation and other techniques to help you break the symptom cycle
- Learn from trained volunteers with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.
- Join a 2½ hour workshop, held each week for 6 weeks.
- Cost is free!
- For more Living Well information go to <http://wihealthyaging.org/living-well>

*one family of care*



**St. Nicholas**

**PREVEA**  
health

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM