

- ▶ Anyone 18 years of age or older can attend.
- ▶ Each participant will receive a gift card, a certificate of completion, a relaxation CD, and a workbook.
- ▶ Each class is 2½ hours and runs for six weeks.
- ▶ Living Well Rhode Island workshops are taught in English or Spanish.
- ▶ Classes are fun and interactive!



We invite you to take charge of your health and life by signing up for the next free workshop scheduled in your area.

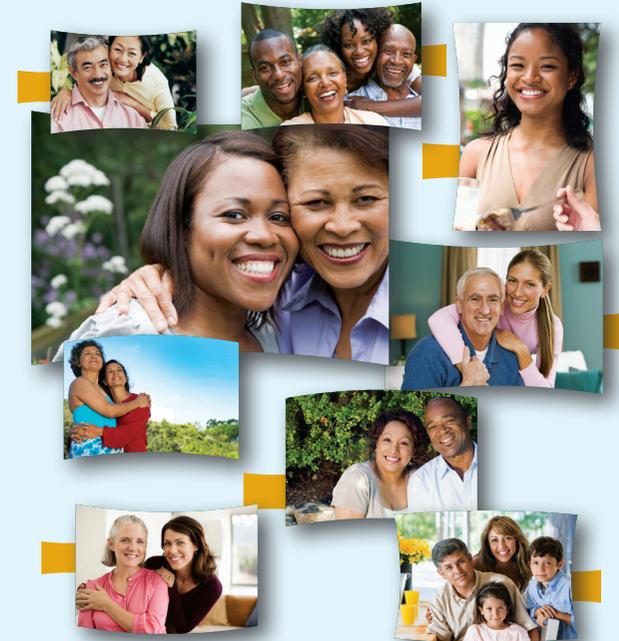
Don't wait. Workshops are on-going.

Call today!



Living Well

Rhode Island



For more information, call the
HEALTH Information Line
401-222-5960 / RI Relay 711

Rhode Island Department of Health
3 Capitol Hill
Providence, RI 02908
www.health.ri.gov

Free Chronic Disease Self-Management Workshops

Six week workshops for people living with chronic conditions including, but not limited to, Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and Heart Disease.



Attend a Living Well Rhode Island workshop and learn to:

- ▶ Manage symptoms and medications
- ▶ Communicate with your family and doctors
- ▶ Work with a healthcare team
- ▶ Problem-solve effectively
- ▶ Relax
- ▶ Handle difficult emotions
- ▶ Eat well
- ▶ Exercise safely
- ▶ Set goals to improve health and lifestyle



"In just a few weeks I got back to feeling better and back to being the kind of person that I like to be."

"I learned how to plan for the care needed to control my illness and the importance of proper diet and exercise. The classes helped me learn the importance of meditation and controlled breathing." David



"The workshops renewed my zeal and I started walking more and paying more attention to my diet." Sandy

Hundreds of people have benefited from attending free Living Well Rhode Island workshops.

Here are a few of the positive things that they would like to share:

"Very good program. Looking forward to more classes."

"The workshop worked for me. I met my goals and I feel better."

"I will continue to improve my eating habits."

"The Chronic Disease Self Management Program, taught with the workbook, has stimulated me to get outdoors to walk, stretch, and enjoy every day. Thank you for providing us all with this worthwhile program."

"The introduction of daily action plans was helpful."

"This workshop helped me to learn how I can manage my stress."

"It was good to be with others and hear about their perspectives and solutions. It was good to be in the group and feel that I am not alone."

"The workshop motivated me to live better."

"The Living Well Rhode Island workshop has given me a new perspective and renewed hope."