

ACTIVE RE-ENTRY INDEPENDENT LIVING PROGRAMS Living Well with Chronic Conditions

For anyone with an ongoing chronic health condition.

- Asthma
- Arthritis
- Chronic joint pain
- Fibromyalgia
- Cancer
- Diabetes
- Kidney disease
- High blood pressure
- High cholesterol
- Heart failure
- COPD or Emphysema
- Depression
- Chronic pain or others.

Family and Friends are also welcome to attend.

Attend a **Free*** six-week workshop two hours per week to learn how to:

- *Manage symptoms*
- *Use medication as directed*
- *Work with your health care team*
- *Set weekly goals*
- *Problem-solve effectively*
- *Relax and handle difficult emotions*

August 7 - September 11

Wednesday evenings

5:30 - 7:30

Class is limited to 15 participants



Control Your Health, Control Your Life

**To register call:
Lisa or Laurey
637-4950**

10 South Fairgrounds Rd Price, UT 84501

* \$20.00 refundable book deposit