

# LIVING HEALTHY WITH A CHRONIC CONDITION



The Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life.

The program is **FREE** and available for anyone over the age of 18 living in Onondaga County.

Consider the Living Healthy with a Chronic Condition program if you have a chronic condition such as:

- Diabetes
- Arthritis
- High blood pressure
- Heart disease
- Chronic pain
- Cancer
- Anxiety/Depression
- Asthma/COPD
- Other health conditions

The **Living Healthy with a Chronic Condition** is a **six-session, peer-led health education program** for people or caregivers with any type of ongoing health condition. The program complements the healthcare that the person may already be receiving. The purpose of the workshop series is to enhance one's skills and ability to manage his or her health and maintain an active and fulfilling lifestyle. Each participant receives a free book, "Living a Healthy Life with Chronic Conditions" as well as the CD, "Relaxation for the Mind and Body."

## FREE SIX-WEEK WORKSHOP SERIES

**DATES** Wednesdays March 16, 23, 30; April 6, 13, 20, 2022

**TIMES** 10:00 am- 12:30 pm

**LOCATION** Zoom Online Six Week Workshop

**REGISTRATION REQUIRED:** [CLICK HERE TO REGISTER](#)

e-mail [Livinghealthy@Upstate.edu](mailto:Livinghealthy@Upstate.edu) to request the online registration link.

Or call (315) 484-4237 for registration link.

*Feel better. Be in control. Put life back in your life.*



Administration for Community Living  
NYS Office for the Aging  
Onondaga County Office for Aging

