

Living Well with Chronic Conditions



A FREE six-week workshop for people with long-term health concerns

During weekly 2½ hour classes you'll learn how to:

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

Friends and family are welcome!



Better Choices, Better Health

To find a workshop near you, call:

1-888-222-2542

www.health.utah.gov/arthritis



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