

Feel better.

Be in control.

Do the things  
you want to do.

Find out more about  
Living Well Workshops.

For local information or to sign-up  
for an upcoming class,  
contact the  
Living Well Support Specialist  
(541) 682-4103  
Email: [livingwell@lcog.org](mailto:livingwell@lcog.org)

Find us online at  
[www.lanelivingwell.org](http://www.lanelivingwell.org)

**Sign Up Now!**

Join a free series of 6 weekly  
workshops, each 2½ hours long. There  
are 3 workshop types; select the best  
option for you!

- Learn from trained volunteer  
leaders, get support and  
connection, and feel empowered.
- Set your own goals and make a  
step-by-step plan to improve your  
health—and your life.



*“The workshops put me back in charge  
of my life, and I feel great. I only wish  
I had done this sooner.”*

SENIOR &  
DISABILITY  
SERVICES



Put Life  
Back in  
Your Life



Sign up now for a **free**  
Living Well workshop!

## Living Well with Chronic Conditions

This workshop is for people living with one or more on-going conditions like arthritis, heart disease, stroke, kidney disease, lung disease, depression, and many others.

## Living Well With Chronic Pain

This workshop helps people who are experiencing chronic pain conditions due to injury, fibromyalgia, repetitive strain, post stroke pain, neuropathic pain, and other causes.

## Living Well With Diabetes

This workshop is for people living with diabetes. Develop the skills to manage your diabetes and prevent complications. The workshop is a great opportunity to increase your confidence, feel better and take charge of your health!

Care-givers and family members are welcome at all of our workshops too!



*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*

## Each Living Well workshop covers:

- An overview of self-management
- Making an action plan
- Positive thinking
- Fitness and exercise
- Appropriate medications
- Communication skills
- Decision making and future planning
- Using your mind to manage symptoms
- Working through feedback and problem solving
- Dealing with difficult emotions and depression
- Weight management and nutrition
- Working with your healthcare professional and organization

The following topics are covered in specific workshops—select which workshop best fits your needs!

Special Topics Covered	Living Well with Diabetes	Living Well with Chronic Pain	Living Well with Chronic Conditions
Sleeping Well		X	X
Pain/fatigue Management		X	X
Better Breathing		X	X
Making Informed Treatment Decisions		X	X
Preventing Falls			X
What is Chronic Pain?		X	
Pacing and Planning		X	
Gentle Stretching Routine		X	
Record Keeping	X		
Preventing Low Blood Sugar	X		
Preventing Complications	X		
Monitoring Blood Sugar	X		
Sick Days	X		
Skin and Foot Care	X		

For more information about a workshop in Lane County, call us at (541) 682-4103 or email [livingwell@lcog.org](mailto:livingwell@lcog.org)