



Living Well

healthyaging.utah.gov

Find-a-workshop

(888) 222-2542

This class has taught me to make small, achievable goals concerning my health. It has helped me to not feel so overwhelmed with my conditions and I have been able to start working on improving my health by doing small things.

*Living Well with Chronic Conditions
participant*



**Department of Health
& Human Services**

Living Well

Living Well with Chronic Conditions & Tomando control de su salud

- 1 time per week for 2.5 hours

Living Well with Chronic Pain & Programa de manejo personal del dolor crónico

- 1 time per week for 2.5 hours

Living Well with Diabetes & Programa de manejo personal de la diabetes

- 1 time per week for 2.5 hours

Benefits from participating

- Feeling more comfortable talking with family, friends, and healthcare providers.
- Confidence in managing your conditions.
- Decreased loneliness or isolation
- An improvement in daily ability to move and do daily tasks.

This program does not replace existing treatment



**Department of Health
& Human Services**