



Living well

“Setting goals with knowledge learned through multiple use of new tools in my toolbox gives me hope of improving quality of life with a new perspective.”

To register:

healthyaging.utah.gov

888-222-2542



Utah Department of
Health & Human
Services

Weekly 2.5-hour classes will provide discussions on

- Effective problem-solving
- Working with your healthcare team
- Symptoms management
- Medication usage
- Dealing with difficult emotions
- Relaxation

Self-management classes

- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Living Well with Diabetes
- Programa de Manejo Personal de la Diabetes
- Tomando Control de su Salud

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This program does not replace existing treatment.



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