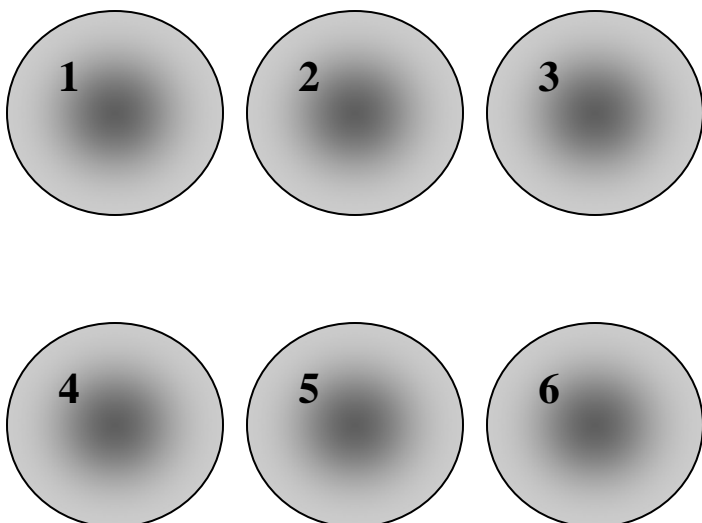


Session 4	<ul style="list-style-type: none"> ☐ Nutrition ☐ Future plans for health care ☐ Communication ☐ Making an Action Plan ☐ Feedback & problem-solving 	<ul style="list-style-type: none"> ☐ Medications ☐ Making treatment decisions ☐ Depression ☐ Making an Action Plan ☐ Using your mind to manage symptoms ☐ Feedback & problem-solving 	<ul style="list-style-type: none"> ☐ Working with health professionals ☐ Working with health care systems ☐ Future Plans ☐ Making an Action Plan ☐ Using your mind to manage symptoms ☐ Feedback & problem-solving
Session 5			
Session 6			

Session 1	<ul style="list-style-type: none"> ☐ Overview of self management & chronic conditions ☐ Making an Action Plan ☐ Using your mind to manage symptoms 	<ul style="list-style-type: none"> ☐ Feedback & problem-solving ☐ Difficult emotions ☐ Fitness & Exercise ☐ Making an Action Plan 	<ul style="list-style-type: none"> ☐ Better breathing ☐ Pain & fatigue ☐ Action plan ☐ Using your mind to manage symptoms ☐ Feedback & problem-solving
Session 2			
Session 3			

We'll stamp your circle for each session you attend!



What is Living Healthy*?

Living Healthy* is a six-week workshop series that empowers older adults & their caregivers to self-manage the ups and downs of living with a chronic condition like arthritis, heart disease, osteoporosis, and diabetes.

Living Healthy* is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center.

Healthy Choices
NEW YORK
www.albany.edu/aging/healthychoices

Living Healthy*

Workshop Invitation for:

Classes run 6 consecutive weeks
 Each ___ day of the week

Dates: _____

Time: ___ am/pm to ___ am/pm

Location: _____

Light, healthy refreshments will be served!