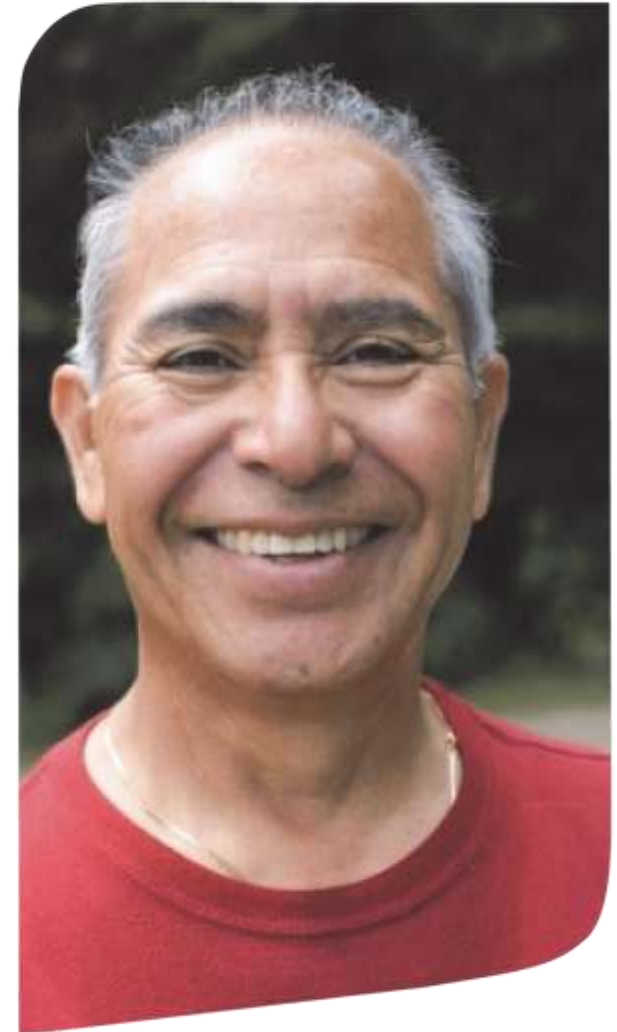


**LiveWell**  
with Chronic Conditions



# Put Life Back in Your Life

Feel better.  
Be in control.  
Do the things  
you want to do.

Find out more about  
LiveWell With Chronic  
Conditions Workshops.

Please Call:  
306-766-7200

[healthpromotionrqhr@rqhealth.ca](mailto:healthpromotionrqhr@rqhealth.ca)

[www.rqhealth.ca/LiveWell](http://www.rqhealth.ca/LiveWell)



## Put Life Back in Your Life!

### Consider a LiveWell with Chronic Conditions Workshop.

Ongoing health conditions include but are not limited to diabetes, arthritis, lung disease, depression, cancer, heart disease, chronic pain, anxiety, multiple sclerosis, and fibromyalgia. If you or someone you care for has one or more of these conditions, the LiveWell With Chronic Conditions Workshop can help you take charge of your life.

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.



## Sign Up Now for a LiveWell Workshop!

Join a free 2 ½-hour LiveWell With Chronic Conditions Workshop, held once a week for six weeks. Workshops are fun and interactive. The LiveWell workshop was developed by Stanford University and is used in over 20 countries. It has been proven to help improve the health of people with chronic conditions.

Learn from trained volunteer leaders with health conditions themselves about how to manage symptoms and medication, work with your health care team, set weekly goals, problem-solve effectively, improve communication, relax, handle stressful emotions, eat well, and exercise safely.

Set your own goals and make a step-by-step plan to improve health - and your life.



## Testimonials

*"After taking the class, my mindset changed. I feel so much freedom after accepting the fact that I have a chronic condition that I need to manage. This workshop was a life-changing event"*

*"In just a few weeks, I got back to feeling better - and back to being the kind of person I like to be."*

*"Now I have more energy than I've had in years. I'm calmer and more confident about managing my health".*

