

I recommend \_\_\_\_\_ attend a six-week **Living Well with Chronic Conditions Program** to help him/her learn how to manage his/her chronic condition(s). Each session is held once a week for 2 hours. Below is a session outline of the new skills each participant will learn during the workshops.

\_\_\_\_\_  
Health Care Provider Signature

\_\_\_\_\_  
Date

**INSERT LEADER CONTACT INFORMATION HERE**

## Session Outline

### Week 1

- Introduction to Workshop
- Group Introductions
- The Mind-Body Connection/Distracton
- Getting a Good Night's Sleep
- Introduction to Action Plans

### Week 2

- Feedback/Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

### Week 3

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation: Body Scan
- Making an Action Plan

### Week 4

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

### Week 5

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Depression Management
- Positive Thinking
- Making an Action Plan

### Week 6

- Feedback/Problem-Solving
- Working with Your Health Care Professional and the Health Care System
- Weight Management
- Looking Back and Planning for the Future