

LIVING WELL WITH CHRONIC CONDITIONS  
**REGISTRATION FORM**

\_\_\_\_\_  
NAME

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY/STATE

\_\_\_\_\_  
ZIP

\_\_\_\_\_  
PHONE

Please return this form to your  
UT Extension County agent.

For more information or to register  
for a workshop, contact:



UT Extension in partnership with the  
Tennessee Department of Health  
invites you to take part in this  
workshop designed to let you  
put *life back into your life!*  
[fcs.tennessee.edu/lwwcc](https://fcs.tennessee.edu/lwwcc)



AG.TENNESSEE.EDU

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Programs in agriculture and natural resources, 4-H youth development,  
family and consumer sciences, and resource development. University of  
Tennessee Institute of Agriculture, U.S. Department of Agriculture and  
county governments cooperating. UT Extension provides equal  
opportunities in programs and employment.

SP 780

# LIVING WELL WITH CHRONIC CONDITIONS

Enduring life with a chronic  
condition? Are you ready to  
start enjoying life again?



Real. Life. Solutions.



If you or someone you love has health problems such as diabetes, arthritis, cancer, chronic bronchitis, high blood pressure or other chronic diseases, the *Living Well With Chronic Conditions Workshop* can help you take control of your life.

## BY PARTICIPATING IN A SIX-WEEK WORKSHOP, YOU'LL LEARN WAYS TO:

- Manage your symptoms.
- Communicate better with your doctor, family members and friends.
- Lessen your anger and frustration.
- Fight fatigue and pain.
- Build confidence.
- Manage stress and learn to relax.
- Discover better nutrition and exercise choices.
- Manage medications.
- Get more out of your life!

**Sign up now!**  
Spaces are limited.

## THE LIVING WELL WITH CHRONIC CONDITIONS PROGRAM CAN BE THE TURNING POINT BETWEEN ENDURING LIFE AND ENJOYING IT.

“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”

“In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be.”



## WHAT ARE YOU WAITING FOR?

- Join a free two-hour Living Well With Chronic Conditions Workshop, held once a week for six weeks.
- Learn from certified leaders who live with chronic health conditions.
- Set your own goals and make a step-by-step plan to improve your health and your life.

## WORKSHOP FEATURES:

- Open to anyone with a chronic condition.
- No cost to attend.
- Spouses, family members and caregivers welcome.
- Each participant receives a copy of Living a Healthy Life With Chronic Conditions book and relaxation CD.

