



# Living Well with Chronic Conditions

80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.



**Managing your chronic condition** can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

**For information** or to register, contact:

**Cindy Carruth 320-843-1344**

**or**

**Michele Sonnabend 320-843-1377**

**When: 6 Thursdays**

April 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>,  
23<sup>rd</sup>, and 30<sup>th</sup>

**Time: 9:00am to 11:30am**  
Each class 2 ½ hours

**Where: At the Scandi Haven  
Village Meeting room**

**Cost: FREE**

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

[yourjuniper.org](http://yourjuniper.org)

Toll Free 1.855.215.2174



This program is sponsored, in part, under the Federal Older Americans Act through a contract from a Minnesota regional Area Agency on Aging under an Area Plan approved by the MN Board on Aging.