



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: 320-567-2127

Or

Michele Sonnabend: 320-843-1377

When: 6 Thursdays
April 2nd, 9th, 16th, 23rd, 30th
and
May 7th

Time: 9:00am to 11:30am
Each Class is 2 ½ hours

Where: At the SCBHS
Clinic Conference Rm

Cost: FREE

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

yourjuniper.org

Toll Free 1.855.215.2174

