

The Aging and Disability Resource Center Presents

# *Living Well* with Arthritis



## *Six Weeks. Fifteen Hours. A Healthier You!*

### **Living Well with Arthritis**

is for adults of all ages with arthritis or other chronic conditions. It's a hands-on opportunity to discover solutions for your life and your health concerns. Build confidence with:

- Short-term goal setting
- Relaxation techniques
- Partnering with your health care providers
- Pain management tools
- Physical activity and tools to prevent falls
- Healthy eating and more!

**wiha**  
Wisconsin Institute  
for Healthy Aging

### ***VIRTUAL Living Well with Arthritis***

**Mondays, September 25– October 30  
1:30 p.m.—4:00 p.m. via Zoom**

Registration required by September 18th. To register or for more information, contact Alisa Lammers at 715-537-6225 or register online at [www.adrconnections.org/registrations](http://www.adrconnections.org/registrations)

Suggested donation \$10. Loaner devices available. Call to request.

The ADRC cannot endorse or recommend any organization, product, or service.

**ADRC**  
Aging & Disability Resource Center  
of Barron and Rusk Counties