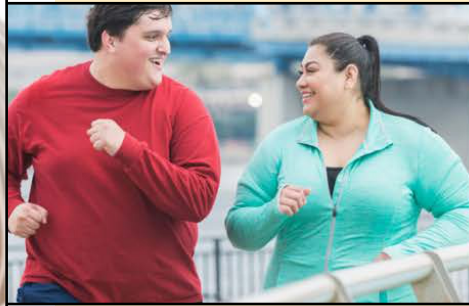
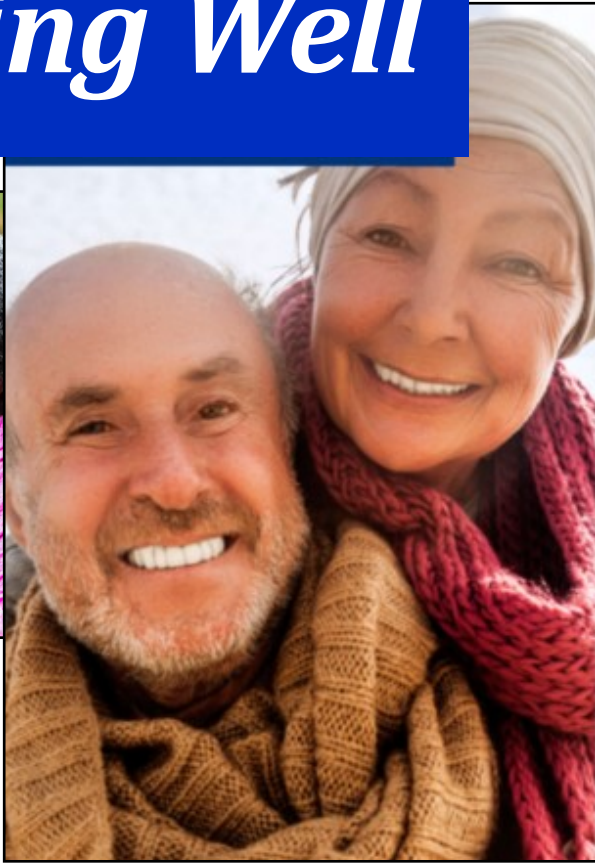


The Aging and Disability Resource Center Presents

with **Chronic Conditions**

# Living Well



## *Six Weeks. Fifteen Hours. A Healthier You From the Comfort of Home!*

Living Well is for adults of all ages with one or more ongoing health problems. 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
- Fitness, exercise and fun

Chronic condition include:

- Asthma
  - Depression
  - Diabetes
  - Heart Disease
- ...and many others

### ***VIRTUAL Living Well with Chronic Conditions***

**Mondays, January 27—March 3, 2025**

**1:00 p.m.—3:30 p.m.**

***VIRTUAL via Google Meet*** **\*\*Loaner tablets available**

Registration required by January 20. To register or for more information, contact Alisa Lammers at 715-537-6225 or [alisa.lammers@co.barron.wi.us](mailto:alisa.lammers@co.barron.wi.us) Suggested donation \$10.

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