what is LIVING WELL?

Living Well and Living Well with Diabetes* are self-management workshops facilitated by trained leaders that help you take control of your health by using small steps toward positive changes and healthier living.

Workshops are interactive and not just lectures! Groups of 8 to 15 individuals take part in the workshops to share their experiences and provide support to each other.

You WILL benefit from Living Well if you have or are caring for someone with a chronic condition such as:

- Arthritis
- High Blood Pressure
- Heart Disease
- Asthma
- Migraines
- Cancer
- Diabetes
- Depression
- Parkinsons
- Obesity
- Fibromyalgia
- Anxiety

People who attend the workshops have shown:

- More energy and less fatigue
- Improved overall health
- Health care cost saving
- Slower progression of chronic conditions

Find a workshop: Bit.ly/LivingWellNE

Enroll TODAY in the 6 week workshop that will help you take control of your HEALTH

Bring a spouse, family member or friend!

For more information or to register: Living Well Coordinator - 402-326-2904
dhhs.cdpcprogram@nebraska.gov

“I really enjoyed the support of the group. They helped me keep my action plan goals and helped me modify them so they are more achievable.”
Jessica, 48

WHAT YOU WILL LEARN:

Each session gives you the tools you need to take control of your ongoing health conditions. It’s offered in many languages and sessions topics covered include:

- Medication Management
- Action Planning
- Communicating Health Issues
- Healthy Eating
- Physical Activity
- Problem Solving

2 - 2.5 HOURS 1x PER WEEK 6 WEEKS

Living Well with Diabetes is specifically for people with or caring for someone with Diabetes.