

Living Well Workshops

What is Living Well Program?

The Living Well Program is a series of 2.5 hour classes, held once a week for 6 weeks, that will help you learn ways to self-manage your health and take charge of your life. Anyone living with an ongoing health condition is welcome.

Workshops are FREE
Space is limited
Call to register

Wednesdays—January 9th to February 20th

Douglas County Health Center

4102 Woolworth Ave, Omaha, NE 68105

Time —2 to 4:30 pm

Email—jhausman@regionsix.com

Call— 402-490-2700

Register online— <http://bit.ly/LivingwellNE>

SELF-MANAGEMENT TOOL BOX



Physical Activity
Medications
Decision Making
Action Planning
Breathing Techniques
Understanding Emotions
Working with Health Professionals

Problem Solving
Using Your Mind
Sleep
Communication
Healthy Eating
Weight Management

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