

## WHY COME TO THIS WORKSHOP?

You can learn how to live a healthy life with your chronic condition by managing your symptoms.

A chronic condition or illness is one a person has to live with for many years. This could include diabetes, asthma, heart disease, chronic pain and arthritis.

Although there are many chronic conditions, people who come to this workshop often have similar symptoms such as:

- Pain
- Loss of energy
- Fatigue and stress
- Sleeping problems
- Breathing problems
- Depression
- Anger and frustration
- Concerns about the future

## THIS WORKSHOP IS FREE!

Join us at this workshop that runs 2.5 hours, once a week for six weeks.

The workshop will be taught by two trained leaders. All of the materials you will be using were developed by Stanford University's Chronic Disease Self-Management Program



For more information contact:

**Paulette Dodgen**  
**Olympic Area Agency on Aging**  
**2700 Simpson Ave, Suite 205**  
**Aberdeen, WA 98520**  
**Direct Line**  
**(360) 538-2457**  
**Toll Free (866) 582-1487**

## GET MORE OUT OF LIFE

You will gain skills to help you:

- Decrease your stress and frustration.
- Manage your symptoms.
- Talk with your health care team.
- Manage fatigue.
- Make daily tasks easier.

### **Listen to what other participants have said about this workshop!**

*"You don't have to stop doing all the things you love to do."*

*"I didn't feel all alone....."*

*"This workshop showed how to problem solve and set goals to move toward a more healthy lifestyle."*

## SIGN ME UP

Please register as soon as possible as space is limited.

To register for the workshop or for more information, please call Paulette directly:

Toll Free 1-866-582-1487

Or

(360) 538-2457

OLYMPIC AREA AGENCY  
ON AGING  
2700 Simpson Ave., Suite 205  
P.O. Box 124  
Aberdeen, WA 98520

## WORKSHOP

### Location:

Forks Community Hospital  
And / or  
Quileute Health Clinic

### Dates:

2.5 hours one day a week for six weeks:

**Watch for upcoming dates in Forks and LaPush**

**Time:** TBA

**Cost: Free**

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### Questions:

Call Paulette at  
(360) 538-2457  
Toll Free (866) 582-1487



## LIVING WELL WITH CHRONIC CONDITIONS



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