

Living Well Rhode Island



Free Chronic Disease Self-Management Workshops

- ▶ Manage symptoms and medications
- ▶ Communicate with your family and doctors
- ▶ Work with a healthcare team
- ▶ Problem-solve effectively

Six week workshops for people living with chronic conditions including, but not limited to, Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and Heart Disease.

- ▶ Relax
- ▶ Handle difficult emotions
- ▶ Eat well
- ▶ Exercise safely
- ▶ Set goals to improve health and lifestyle



For more information, call the
HEALTH Information Line
401-222-5960 /RI Relay 711



Download a QR code reader and scan with your smart phone for more information.

Anyone 18+ years of age living with a chronic condition, and their caregivers, will benefit from the workshops.

Living Well Rhode Island is a Stanford University evidence-based chronic disease self-management program.

www.health.ri.gov