

Living Well

6 WEEK WORKSHOP SERIES

This workshop is for anyone living with a chronic condition or caring for someone who has a chronic condition.

STARTS June 14

WEDNESDAYS

1:00 P.M. - 3:00 P.M.

\$130 Members | \$180 Non-members

WEEKLY TOPICS

WEEK 1 - June 14

Fighting Fatigue

WEEK 4 - July 12

Better Breathing +
Improving Communication

WEEK 2 - June 21

Problem Solving + Dealing
with Difficult Emotions

WEEK 5 - July 19

Managing Medication +
Dealing with Depression

WEEK 3 - June 28

Decision Making +
Managing Pain

WEEK 6 - July 26

Planning for the Future

TAKE CONTROL • BUILD CONFIDENCE • FIND COMMUNITY

FOR MORE INFORMATION Contact Carla Zedicher | 402.413.4012 | czedicher@madonna.org