

Put life back in your life!



“I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Well With Chronic Conditions workshops put me back in charge. Now, I have the energy to do the things that matter. I've put life back in my life.”

LIVING WELL WITH CHRONIC CONDITIONS

Workshops for Chronic Pain, Chronic Conditions and Diabetes

Free to all Oregon Health Plan members and several insurers or low cost sliding scale.

Take Charge of Your Health Sign up Now!

541-864-9611
sohealthyoregon.org



Find New Ways

- Manage stress and improve the ability to relax
- Fight fatigue and frustration
- Eat better and exercise safely
- Control pain and improve activity
- Learn better ways to talk to your doctor and family about your health
- Solve problems and get the support you need



LIVING WELL
southern oregon

Developed by Stanford University and brought to you through a partnership of local providers in collaboration with the Rogue Valley Council of Governments Senior and Disability Services. AllCare, Jackson Care Connect & Primary Health offer members benefits to cover workshop fees.