



For more information or to register for a workshop, contact:

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## Workshop Features

-  There is no cost to attend.
-  Open to anyone with a chronic condition.
-  Spouses, family members and caregivers are welcome.
-  Each workshop participant receives the book, *Living a Healthy Life with Chronic Conditions* and a relaxation CD.

The University of Tennessee Extension in partnership with the Rutherford County Health Department invites you to participate in this self-management workshop designed to let you put the life back into your life!

Visit the program website at:

<http://fcs.tennessee.edu/lwwcc>

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.

# Attend a Living Well with Chronic Conditions Workshop



*Enduring Life with a  
Chronic Condition? Ready  
to start Enjoying Life...*

If you or someone you love has health problems such as diabetes, arthritis, cancer, chronic bronchitis, high blood pressure or other chronic diseases, the Living Well with Chronic Conditions workshop can help you take control of your life.

By participating in a six-session workshop, you will learn ways to:

- ◆ Manage your symptoms
- ◆ Communicate better with your doctor, family members and friends
- ◆ Lessen your anger and frustration
- ◆ Fight fatigue and pain
- ◆ Build confidence
- ◆ Manage stress and learn to relax
- ◆ Discover better nutrition and exercise choices
- ◆ Manage medications
- ◆ Get more out of your life!

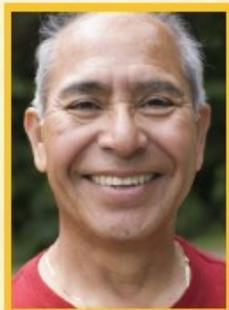
**Sign Up Now.**  
**Spaces Are Limited.**

- 🌀 Join a **free** 2-hour Living Well with Chronic Conditions Workshop, held each week for six weeks.
- 🌀 Learn from certified leaders with health conditions themselves.
- 🌀 Set your own goals and make a step-by-step plan to improve your health — and your life.

*“In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be.”*



**Living Well with Chronic Conditions Program**  
can be the turning point between *enduring*  
everyday life and *enjoying* everyday life!



*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*



*“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”*