

HOW TO ENROLL

Experience the success of Living Healthy by following these three simple steps:

Join, Learn, Take Control

To join, call:

(919) 545-3440

Classes are located throughout Chatham, Orange and Alamance Counties, including:

- UNC Family Medicine
- Senior Centers
- Schools & Community Colleges

These **free** classes are offered to anyone who suffers from a chronic disease such as diabetes, heart disease or arthritis.

Caregivers are welcome.



FUN FACTS

Living Healthy is a **free** six-week workshop for people who suffer from chronic disease and would like to take control of it in a healthy way. Over the course of 6 classes, participants will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate management of medications
- Skills for effectively communicating with friends, family and health care providers
- Tips for healthy eating and exercise
- How to make informed treatment decisions
- And much more!

WHAT TO EXPECT



The class atmosphere is a judgement-free environment that gives you the chance to meet others who are dealing with the same issues you face each day.

- Classes are offered once per week for 6 weeks.
- To prepare for the course, participants receive a student packet and textbook.
- Attendance for all 6 classes is highly recommended but not mandatory.
- Incentives that correlate with the weekly topic are given if you attend.
- Participants who attend 4 of the 6 classes will be **Living Healthy certified** and receive a certificate.

LET'S HEAR IT!

Testimonials from past Living Healthy participants:

"It is my prayer that more participants will learn more about this workshop and participate, because the material can help change your life in a positive way."



"I started taking direct and specific responsibility to change my behavior. I liked setting goals and adjusting them as I got more realistic. I'm calmer, more balanced and I am hopeful that I can get better."

Classes are offered in your local area, call now!

For more information on classes and how to enroll, visit:

<http://www.med.unc.edu/fammed/service-to-the-community/living-healthy-classes>

or call

(919) 545-3440



LIVING HEALTHY

FEEL BETTER
TAKE CHARGE

 **UNC**
HEALTH CARE
FAMILY MEDICINE

Take Control of Your Chronic Disease

Enroll in free Living Healthy Classes

