

# Living Well Alabama comes to Corpus Christi Parish

## Enroll in Living Well Alabama-Better Choices: Better Health Program

The Living Well Alabama workshop is a **FREE** 6-week health education program for people with chronic health conditions who wish to practice healthier lifestyle choices and learn tools to help manage symptoms. The program is also great for caregivers.



At Corpus Christi Parish on each of the following days:

- Fri Mar 2, 2018 9:00 -11:30
- Fri Mar 9, 2018 9:00 -11:30
- Fri Mar 16, 2018 9:00 -11:30
- Fri Mar 23, 2018 9:00 -11:30
- Fri Apr 6, 2018 9:00 -11:30
- Fri Apr 13, 2018 9:00 -11:30

**YOU MUST REGISTER** to attend this **FREE** workshop.

To register, call Peggy Gomez at  
251-348-7802 after 3 pm,  
or 251-544-4480

You will learn about:

- Developing decision-making and problem-solving skills
- Developing and maintaining a long-term exercise program
- Fatigue management
- Dealing with depression, anger, and other negative emotions
- Cognitive management of pain and stress
- Communication with family/friends/physicians
- Using prescribed medication appropriately
- Healthy eating
- Making informed treatment decisions
- Getting better sleep

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety...the LIVING WELL ALABAMA Workshop can help YOU take charge of your health and put life back in your life!