



Living Well in Idaho

TAKE CONTROL OF YOUR HEALTH!

Enroll in a workshop to actively manage ongoing health conditions and live the life you want!

Learn lifelong skills to :

- Get support from family and friends when you need it
- Work through pain, fatigue, frustration or depression
- Handle stress and relax; manage emotional ups and downs
- Use medications correctly and evaluate new treatments
- Work with your provider as your health care partner
- Set and meet personal goals and feel better!

Take control and overcome your challenges:

An ongoing health condition can affect almost every aspect of your life. These workshops provide proven strategies that can improve your quality of life—one manageable step at a time. Adult family members are encouraged to attend too.

Workshops meet weekly for six weeks.

It's worth every minute! You will build confidence and motivation, take better care of yourself, and feel better.

To enroll: Call Friends in Action 336-5533 ext. 243 or email education@fiaboise.org. Pre-registration is required. \$50 fee may apply.

Workshop Locations	Workshop Dates and Time
AARP, Meridian or Humphreys Diabetes Center, Boise	Thursdays, Oct 3 - Nov 7 9:30 am - Noon Wednesdays, Oct 9 - Nov 13 9:30 am - Noon

Brought to
you by



in partnership
with



Friends in Action is a program of the non-profit Mountain States Group
1607 W. Jefferson Street Boise, ID 83702 208-333-1363 www.fiaboise.org