Welcome to Living Well!

A Chronic Disease Self-Management Program
"Living Well" is a Chronic Disease Self-Management Program. It provides adults ages 18 and older who have long lasting health problems with ideas to help them take charge of their health and live active and enjoyable lives. Family members and caregivers are also welcome.

People who take these classes have conditions such as diabetes, heart disease, arthritis, pain, and high blood pressure, or a combination of conditions.

People who take the workshops learn:
- how to solve problems and make health decisions
- how to take small steps to reach goals
- good nutrition
- how to include physical activity during the day
- how to talk with their doctor
- and much more!

There are 6 workshops that are held once a week. They are led by trained leaders who also have chronic conditions. Check out this testimonial from someone who participated in this workshop.

Workshops are also offered for individuals wishing to learn how to cope with diabetes, chronic pain, and cancer.

If you are interested in learning more about why this program is effective, view this brief video. To become a partner or a Peer Leader or to learn how to bring this program into your organization, please contact the State or Local Program Coordinator.