

Free online workshop series for adults with chronic physical or mental health conditions

Living Well Thurston

A Self-Management Resource Program with the SMRC

**Gain useful tools
including:**

- Action planning
- Medication management
- Making informed decisions
- Pain & fatigue management
- Working with your health care system
- Future health care planning
- Ways to improve healthy eating and physical activity



Register online at

<https://www.surveymonkey.com/r/LivingWellSpring2023>
or

Contact Lesley Price: (360) 867-2515
Lesley.Price@co.thurston.wa.us

Online Workshop Series

Tuesdays, April 11 - May 23, 2023

10:00 a.m. - 12:30 p.m.

**Workshops held on Zoom with breaks
throughout each session**

Includes a *Living a Healthy Life with Chronic Conditions* book



The Living Well Thurston workshops are offered
by Thurston County Public Health and Social Services under a
licensed agreement with the Self-Management Resource Center.

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