

***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/LivingWellSummer2024>
or

Contact Lesley Price: (360) 480-4654
LivingWellThurston@co.thurston.wa.us

Online Workshop Series

Wednesdays, July 31 - September 11, 2024

1:00 p.m. - 3:30 p.m.

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

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