

Now offered as a free online workshops series!

Living Well Thurston

Learn ways to manage your chronic physical or mental health condition with:

- 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
www.surveymonkey.com/r/LivingWellThurston

or

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

Register by: September 29, 2020

Online Workshop Series

Tuesdays, October 6 - November 17, 2020

9:00 AM - 11:30 AM

**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.

