



LIVING WELL FOR BETTER HEALTH

Q. What is Living Well for Better Health?

A. An interactive, group workshop led by two facilitators. The workshop includes 6 weekly sessions, where participants learn effective strategies for symptom management to improve their overall health and wellness. Using tools learned during the sessions, participants are able to identify, develop, and pursue personal goals in a safe, inclusive environment.

Q. Who can benefit from Living Well for Better Health?

A. The workshop is ideal for adults with any health condition. Caregivers, friends, and family members are also welcome to participate to support their loved ones. The workshop is especially valuable for individuals with multiple chronic conditions, individuals with increasing health risks, and those seeking group support.






Q. What does Living Well for Better Health do for participants?

A. The workshop empowers participants to increase self-efficacy and improve knowledge and beliefs around condition management. In turn, this leads to positive behavior change and improved self-management of their conditions and related symptoms.



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