




Living Well with Chronic Conditions



80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.

Managing your chronic condition can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plan. 98% of past participants report the program helped them to cope with symptoms of depression.

For more information or to register contact:

Hope Community Support Program at (320) 240-3324 or **Sue Feliciano, Health Promotions Specialist** at (320) 229-4594.

Registration due by March 26, 2019.

Catholic Charities is sponsoring a Living Well with Chronic Conditions Workshop which is being held at Catholic Charities:

Suite 200, Mezzanine Conference Room,
157 Roosevelt Road, St Cloud, MN 56301

Classes are held each Tuesday at
12:30 PM-3:00 PM starting April 2,
2019 until Tuesday, May 7, 2019.

Classes are held 1 time a week for 6 weeks
- 2.5 hours each session for adults age
60+.

There is a free will donation suggested to
participants for classroom materials.
Snacks provided.

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

To register online visit: yourjuniper.org

Toll Free 1.855.215.2174

