



Be Well Colorado

Put life back in your life

CHRONIC DISEASE SELF MANAGEMENT WORKSHOPS (FREE!)

Are conditions such as heart disease, diabetes, arthritis, or high blood pressure taking over your life? Do you struggle with being overweight or having asthma? If so, a Be Well Colorado workshop might be just what you are looking for!

Be Well Colorado is a six-week workshop series designed to help people with chronic health conditions feel better, live longer, and maintain active, independent lives. Those who are caregivers of a person with a chronic condition are also welcome to attend.

Workshop leaders teach concrete steps such as goal setting, creating action plans, relaxation techniques, healthy eating, and communication skills. These FREE workshops are being offered throughout Colorado and are based on a proven chronic disease self-management program developed at Stanford University.

Workshops are supported by Larimer County Department of Health and Environment, Poudre Valley Health Systems, and Larimer County Office on Aging. Participants receive a free copy of the book *Living a Healthy Life with Chronic Conditions*. See www.bewellcolorado.org for more information.

Workshops are offered at the following times/locations:

Dates	Times	Location	Call to Register
Jan 12 – Feb 16 (Thursdays)	1:00-3:30 pm	Aztlan Community Center, Fort Collins	970-221-6655 Course 15848
Jan 17 – Feb 21 (Tuesdays)	1:30-4:00 pm	LifePoint Church, Fort Collins	970-495-7335
Jan. 17-Feb. 21 (Tuesdays)	2:30-5:00pm	McKee Wellness Center Loveland	970-498-6883 <i>For Persons with Diabetes Only</i>
Jan. 26-March 1 (Thursdays)	9:30-12:00 Noon IN SPANISH	Larimer County Health Dept., Fort Collins	970-670-4581 <i>For Persons with Diabetes Only</i>
Feb. 2-March 8 (Thursdays)	1:30-4:00 pm	Christ United Methodist Church, Fort Collins	970-495-7335 <i>For Persons with Diabetes Only.</i>
March 15-April 19 (Thursdays)	1:30-4:00 pm	First Christian Church, Loveland	970-495-7335
May 8-June 12 (Tuesdays)	1:30-4:00 pm	TBD; Fort Collins	970-495-7335

For More Info: Contact Jan Moraczewski (Health Educator, Larimer County Dept of Health & Environment) @ 970-498-6883 or jmoraczewski@larimer.org