

Living Well with Chronic Conditions

Weekly Workshop Topics



●●● Session 1

- Activity 1:**
Intro to the Workshop
- Activity 2:**
Group Introductions
- Activity 3:**
Mind & Body Connection
- Activity 4:**
Getting Quality Sleep
- Activity 5:**
Intro to Action Plans
- Activity 6:**
Closing

●●● Session 2

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Dealing with Difficult Emotions
- Activity 3:**
Intro to Physical Activity
- Activity 4:**
Fall Prevention & Improving Balance
- Activity 5:**
Making and Action Plan
- Activity 6:**
Closing

●●● Session 3

- Activity 1:**
Feedback on Action Plan
- Activity 2:**
Making Decisions
- Activity 3:**
Pain & Fatigue Management
- Activity 4:**
Endurance Exercises
- Activity 5:**
Relaxation: Body Scan
- Activity 6:**
Making an Action Plan
- Activity 7:**
Closing

●●● Session 4

- Activity 1:**
Feedback on Action Plan
- Activity 2:**
Better Breathing
- Activity 3:**
Healthy Eating
- Activity 4:**
Communication Skills
- Activity 5:**
Problem-Solving
- Activity 6:**
Making an Action Plan
- Activity 7:**
Closing

●●● Session 5

- Activity 1:**
Feedback on Action Plan
- Activity 2:**
Making Healthy Food Choices
- Activity 3:**
Medications Usage
- Activity 4:**
Making Informed Treatment Decisions
- Activity 5:**
Dealing with Depression
- Activity 6:**
Positive Thinking
- Activity 7:**
Making an Action Plan
- Activity 8:**
Closing

●●● Session 6

- Activity 1:**
Feedback on Action Plan
- Activity 2:**
Working with Your Health Care Professional & Health Care System
- Activity 3:**
Weight Management
- Activity 4:**
Looking Back and Planning for the Future
- Activity 5:**
Closing

●●● Session 7 (Optional)

Celebration! Have a health professional come in to talk to the group about health resources and related information.