

CHRONIC CONDITIONS



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Chronic conditions are conditions that are long-lasting that impact your health.

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The most common chronic conditions are heart disease, high cholesterol, high blood pressure, stroke, cancer, depression, diabetes, arthritis, and osteoporosis.

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40% of people have 1+ chronic conditions.

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Chronic conditions can be managed with medications and/or lifestyle changes.

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Living Well is a 6-week program proven to help people better manage their health.

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