

# Free Wellness Workshops from Home!

Gain tools and knowledge to improve your health!



Learn ways to support your physical, mental and emotional health by creating action plans and achievable steps towards your wellness goals. The 6-week workshop atmosphere is one of support and encouragement. Participate by zoom, mailed toolkit (with or without phone support), or online as your schedule permits. **Call 607-547-3948; email: [livingwellsessions@bassett.org](mailto:livingwellsessions@bassett.org); or go online: [www.bassett.org/livingwell](http://www.bassett.org/livingwell) to enroll.**

**Living Well with Diabetes** is for those with Type 2 or prediabetes. Self-management techniques include:

*“Whether a newly diagnosed diabetic or someone who has had diabetes for years, this course will keep you updated and aware of ways you can help yourself maintain a healthy lifestyle.”*

- The importance of monitoring glucose levels
- Observing symptoms and knowing what to do
- Following a healthy eating plan
- Engaging in regular physical activity
- Managing stress and emotions (fatigue, depression)
- Dealing with sick days, infections and illnesses
- Using medications in a safe and effective way
- Getting necessary tests, exams and immunizations

**Living Well with Chronic Pain** Self-management techniques include:

- Manage chronic pain symptoms
- Using your mind to manage pain symptoms
- Pacing: balancing activity and rest
- Exercising safely (use the Moving Easy Program)
- The impact of healthy eating on chronic pain
- Identifying ways to cope with difficult emotions
- Discover effective ways to talk to doctors, family, and friends about your needs and type of pain

*“I found the group setting to be very beneficial. I came into this having a pretty good grasp of pain management. Turns out I learned even more by benefitting from others’ experiences.”*

**Living Well with a Chronic Condition** includes any ongoing condition such as depression, anxiety, heart conditions, and respiratory conditions. Self-management techniques include:

*“Well rounded program that offers a wide view of managing your illness. It makes you think about multiple ways of dealing with it. Helps to know you're not alone.”*

- Using your mind to manage symptoms and emotions
- Fall prevention, improving balance
- Ways to improve strength, flexibility, and endurance
- Effectively communicate with doctors, family, and friends
- Making healthy food choices
- Maintaining a healthy weight
- Making informed treatment decisions



Bassett Healthcare Network



## January/February/March 2022 Living Well Workshops

Call or email today and the Living Well team will find a FREE 6-week self-management workshop that meets your needs.

### **Living Well with Chronic Pain (Mondays)**

Starts **January 10, 2022: 10-11 am** - Mailed Toolkit with Phone Support

Starts **January 17, 2022: 1-3:30 pm** - Zoom

Starts **February 14, 2022: 1-2 pm** - Mailed Toolkit with Phone Support

Starts **February 7, 2022: 5-7:30pm** - Zoom

Starts **March 14, 2022: 6-7 pm** - Mailed Toolkit with Phone Support

Starts **March 7, 2022: 9:30am-12pm** - Zoom

### **Living Well with Diabetes (Tuesdays)**

Starts **January 11, 2022: 1-2 pm** - Mailed Toolkit with Phone Support

Starts **January 18, 2022: 5-7:30pm** - Zoom

Starts **February 15, 2022: 6-7 pm** - Mailed Toolkit with Phone Support

Starts **February 8, 2022: 9:30am-12pm** - Zoom

Starts **March 15, 2022: 10-11 am** - Mailed Toolkit with Phone Support

Starts **March 8, 2022: 1-3:30pm** - Zoom

### **Living Well with Chronic Conditions (Wednesdays)**

Starts **January 12, 2022: 6-7 pm** - Mailed Toolkit with Phone Support

Starts **January 19, 2022: 9:30-12 pm** - Zoom

Starts **February 16, 2022: 10-11am** - Mailed Toolkit with Phone Support

Starts **February 16, 2022: 1-3:30pm** – Zoom

Starts **March 16, 2022: 1-2 pm** - Mailed Toolkit with Phone Support

Starts **March 9, 2022: 5-7:30pm** - Zoom

### **Living Well Diabetes Prevention Program**

Starts **January 13, 2022: Thursdays 5-6 pm**- Zoom (year-long program)

### **Self-Paced Online:**

Living Well with Chronic Conditions - **starts every Monday** (you choose start date)

For program information call **607-547-3948**, email: **LivingWellSessions@bassett.org**, or go online: **www.bassett.org/LivingWell**

Dates/Times: subject to change