Free Wellness Workshops!
Learn tools and knowledge to improve your health. Secure your spot!

Learn and practice ways to support your physical, mental and emotional health by creating action plans and achievable steps towards your wellness goals. The 7-week workshop atmosphere is supportive and encouraging. Caregivers are welcome! Sign up by: calling 607-547-3948; emailing: livingwellsessions@bassett.org; or online: www.bassett.org/livingwell. Follow on Facebook at www.facebook.com/BassettLivingWell.

Living Well with Diabetes is for those living with diabetes (Type 1, Type 2, gestational, or prediabetes). Self-management techniques include:

- 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

“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.”

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

“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, respiratory conditions, and heart 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
Spring 2020 Schedule

Living Well with Diabetes

Cobleskill: Tuesdays 9:30am-12pm at Schoharie Office for the Aging starting 5/12/2020
Cooperstown: Wednesdays 5-7:30pm at Clark Sports Center starting 5/13/2020
Delhi: Thursdays 3-5:30pm at O’Connor Hospital starting 5/14/2020
Hamilton: Tuesdays 5-7:30pm at Hamilton Bassett Clinic starting 5/12/2020
Little Falls: Tuesdays 5-7:30pm at Little Falls Hospital starting 5/12/2020
Norwich: Wednesdays 1-3:30pm at the Eaton Center starting 5/13/2020
Oneonta: Thursdays 12:30-3:00pm at FoxCare starting 5/14/2020

Living Well with Chronic Pain

Cobleskill: Tuesdays 1:30-4pm at Calvary Assembly of God starting 3/24/2020
Cooperstown: Mondays 5-7:30pm at Clark Sports Center starting 3/23/2020
Hamilton: Tuesdays 9:30am-12pm at Hamilton Public Library starting 3/24/2020
Herkimer: Tuesdays 5-7:30pm at Herkimer County Chamber of Commerce starting 3/24/2020
Little Falls: Wednesdays 2-4:30pm at Little Falls Hospital starting 3/25/2020
Norwich: Wednesdays 9:30am-12pm at the Eaton Center starting 3/25/2020
Oneida: Wednesdays 5-7:30pm at Oneida Healthcare Center starting 3/25/2020
Oneonta: Fridays 9:30am-12pm at FoxCare starting 3/27/2020
Sidney: Tuesdays 9:30am-12pm at Tri-Town Hospital starting 3/31/2020

Living Well with Chronic Conditions

Canastota: Tuesdays 1-3:30pm at Madison Office for the Aging starting 5/12/2020
Cobleskill: Thursdays 9:30am-12pm at Schoharie Office for the Aging starting 5/14/2020
Cooperstown: Tuesdays 1-3:30pm at Clark Sports Center starting 5/12/2020
Ilion: Wednesdays 9:30am-12pm at John Guy Prindle Apts. starting 5/13/2020
Norwich: Tuesdays 5-7:30pm at the Eaton Center starting 5/12/2020
Oneonta: Mondays 5-7:30pm at FoxCare starting 5/11/2020

Living Well Workshops are offered in spring and fall. Locations, times and days change from season to season. Contact the Living Well Program for workshop schedule change updates.
MAKE YOUR NEW YEAR’S RESOLUTION FOR LIVING WELL

By: Jenny Flynn, Bassett Healthcare Living Well Program

Join a supportive community to improve your health.

Personal experience has shown me we can all learn ways to manage symptoms of ongoing health conditions. Choose one of three 7-week wellness workshops. The *Living Well with Chronic Conditions* workshop series offers people with Asthma, COPD, heart disease, anxiety, or any chronic condition ways to take control of the day-to-day management of their health. People with prediabetes, Type 1 or Type 2 diabetes come together in small groups to learn and practice skills to manage their diabetes on a day-to-day basis in the *Living Well with Diabetes* workshop series. Patients and community members gain confidence in their ability to control symptoms in the *Living Well with Chronic Pain* workshop series. Caregivers are welcome.

Program participants receive a book and audio CD to support their need to learn more. Trained peer leaders facilitate the interactive workshop series that complement the care you receive now.

**Living Well with Chronic Pain**

- Tuesdays 5-7:30pm starting 3/24 at the Herkimer County Chamber of Commerce
- Wednesdays 2-4:30m starting 3/25 at the Little Falls Hospital

**Living Well with Diabetes**

- Tuesdays 5-7:30pm starting 5/12 at the Little Falls Hospital

**Living Well with Chronic Conditions**

- Wednesdays 9:30am-12pm starting 5/13 at John Guy Prindle Apartments in Ilion

These are the Herkimer County locations. See the full schedule for all 2020 workshops. There is no charge for the workshop series, just a commitment to meet for 2.5 hours once a week for 7 weeks and willingness to learn more about managing your health. Registration required.

To learn more or enroll: call 607-547-3948; email livingwellsessions@bassett.org; or visit: [www.bassett.org/livingwell](http://www.bassett.org/livingwell) Follow the Living Well Program on Facebook at [www.facebook.com/BassettLivingWell](http://www.facebook.com/BassettLivingWell).