

# Living Well...

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Are you, or a loved one, living with a chronic condition like arthritis, cancer, heart problems, diabetes or stroke?  
Is it a struggle? Does your life feel out of control?  
Is pain, fatigue or worry overwhelming?

**Teach others how they can change that!**

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Register now for **Living Well Leader Training**

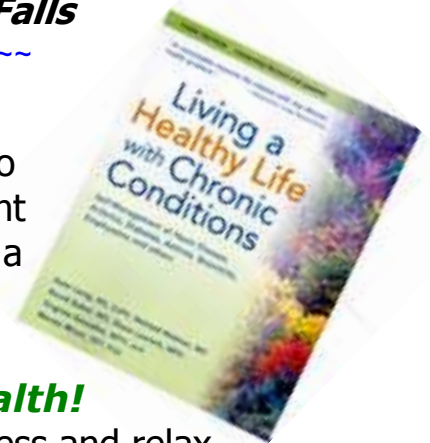
**December 3, 4, 10 & 11, 2009**  
( Four Full Days - 9am to 4:00 pm )

Registration Required - \$15  
Call: **541-883-7131**

**OSU Extension Office,  
3328 Vandenberg Road, Klamath Falls**

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This workshop prepares you to deliver the Living Well class series in your neighborhood, church or other local venue. No prior health care or teaching experience is required. We want leaders that can relate to people with chronic conditions on a peer level.



**Help others learn to take control of your health!**

- Deal with depression
- Eat more nutritiously
- Control pain
- Fight fatigue and frustration
- Manage stress and relax
- Solve problems
- Communicate with health providers better

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Contact: Patty Case at 541-883-7131 for more information or go to  
<http://www.oregon.gov/DHS/ph/livingwell/>

*Program developed by Stanford University and brought to you locally by OSU Extension Service, Klamath County*