

# Living Well with Chronic Conditions

## A FREE Virtual or In-person Workshop

Participants attend a 2½ hour workshop once per week for 6 weeks. Open to anyone living with chronic health conditions. Materials & refreshments provided at no cost!

### SESSION DATES:

October 2, 9, 16, 23, 30 and November 6, 2023

### IN-PERSON & VIRTUAL OPTION:

Mondays, 10:00 AM to 12:30 PM

### VIRTUAL ONLY SESSIONS:

Mondays, 6:00 PM to 8:00 PM

### WHERE:

Virtual using Zoom, or Day Sessions In-person at Petersburg Library

Instructors:

Katrina Kirby, VCE & Robert Noreiga, PPLS



Scan code or call (804) 733-1880 to register for this workshop or email [kirby2@vt.edu](mailto:kirby2@vt.edu) or [kirby2@vt.edu](mailto:kirby2@vt.edu) more information.

*Deadline to register is September 15, 2023*



Healthy Eating

Managing Medications

Dealing with Depression and Stress

Safe Exercise

Communication Skills

Working with your Healthcare Team

This program is designed for adults (including caregivers or family) living with chronic health conditions such as arthritis, diabetes, depression, heart disease, lung disease, cancer, anxiety, pain management and other ongoing health problems.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Katrina Kirby at (804) 733-1880 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.