



Living Well in Idaho

Put Life Back in Your Life.

Enroll in free classes to actively manage ongoing health conditions!

Learn lifelong skills to help manage:

- Pain and fatigue
- Difficult emotions, anxiety and stress
- Communication with your family
- Medication usage
- Healthy eating and exercise
- Goal-setting and problem-solving

Persons with any ongoing health conditions are welcome:

Diabetes, heart disease, high blood pressure, COPD, arthritis, asthma, depression, cancer, etc. Family members, friends and caregivers are encouraged to attend too!

Classes meet weekly for six weeks.

It's worth every minute! Participants build confidence and motivation, take better care of themselves, and feel better.

Living Well in Idaho is a peer-led education program and not a support group.

To enroll: Call Friends in Action 336-5533 ext. 282 to register.

Class Location	Class Dates and Time
Wynwood at River Place 739 East Parkcenter Blvd., Boise	Thursdays, 1—3:30 pm <u>February 2 through March 8</u>



Friends in Action

1607 W. Jefferson Street Boise, ID 83702 208-333-1363 www.fiaboise.org

Friends in Action is a program of the non-profit Mountain States Group