

NEWS RELEASE



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For immediate release

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Take Control of Your Health Today!

Free Living Well Self-Management program classes to start
February 6 in Alliance

Do you ever wish you could do something to feel better, despite having a chronic health condition or disability? Living Well, a partnership with Panhandle Public Health District, can help you take charge of your health and feel better.

Living Well is an interactive workshop that meets for 2- 2.5 hours once-a-week for six weeks. Participants learn how to better manage symptoms, medications, and other challenges that come with having a chronic disease. Participants also learn how to get support, communication skills, and much more.

Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge. One in three Panhandle adults have at least one chronic disease. One in two deaths in the Panhandle has been caused by chronic disease. Don't let an ongoing health condition rule your life.

Join us for Living Well beginning **February 6 at 9:00 a.m.** at the **Alliance Senior Center**. Call Angie at 308-762-1293 to save your spot. There is no cost to take the class.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, work, learn, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.