

# Living Well with Chronic Conditions



A wellness class for people  
age 60+

Participants in this six-week class make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

**October 4 – November 15**  
**Wednesdays, 1:00 – 3:30 pm**

*October 4, 11, 18 and 25*

*November 1, 8 and 15*

*\* Session 0 on October 4 to test internet  
and zoom connection. \**

**Location:**

Virtual - Zoom

**Workshop Leaders:**

Juliann Swanson, RN, FCN

Cheryl Lanigan, MA, BSN, PHN, RN, FCN

**Cost:** Voluntary Contributions  
Accepted.

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**Register by October 4<sup>th</sup> at:**

<https://yourjuniper.org/Classes/Register/4039>

Or contact: Cyndy Rudolph, [communityservices@lyngblomsten.org](mailto:communityservices@lyngblomsten.org);

651-632-5330

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