

# *Living Well Alaska:*

*Better Choices,  
Better Health*

*Chronic Disease Self-Management  
Program*



*Learn to be a program leader*

**Take  
Charge!**

Seniors, health professionals and community members can become Living Well Alaska course leaders and learn how people with chronic health conditions can lead better lives. This free four-day Leader Course will prepare you to help others in:

- Managing chronic disease symptoms
- Setting goals & solving problems
- Dealing with depression & emotions
- Using relaxation techniques
- Eating well and staying active

*March 13th, 14th, 19th and 20th, 2012  
Anchorage Senior Activity Center  
8:30am - 3:30pm  
Lunch and snacks provided.*

*Call Leslie Shallcross at 786-6313 or  
Carmen Montoya at 258-7823 for more information*



America's Arctic University

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