

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.

April 10 – May 15, 2023

Mondays

1:00 - 3:30 PM

April 10, 17, 24

May 1, 8, 15

Location:

Lyngblomsten, Lower Level
Community Room
1415 Almond Avenue, St Paul

Workshop Leaders:

Juliann Swanson, RN, FCN
Judy Ratliff, RN, FCN

Cost: Donations Appreciated

Register at:

www.yourjuniper.org/Classes/Register/3839

Or contact 651-632-5330
