

Wellness@Work is pleased to announce:

Living Healthy Classes

starting October 13!

*Open to all employees,
their families, and
pre-65 retirees.*



A six week workshop for people who:

- suffer from a chronic disease
- would like to take control of their health
- are looking for a judgement free environment
- would like the chance to meet others dealing with similar issues

Over the course of 6 classes, participants will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate management of medications
- Skills for effectively communicating with friends, family, and health care providers
- Tips for healthy eating and exercise
- How to make informed treatment decisions
- And MUCH MORE!

Join, Learn & Take Control!

Experience the success of Living Healthy and contact Liska Lackey to guarantee your spot (919-968-2796 or llackey@email.unc.edu).

Class details:

- Begins Thursday, October 13 and continues through November 17
- 11am to 1:30pm (please brown-bag your dinner)
- 2nd floor conference room at Chapel Hill Transit, 6900 Millhouse Road
- Participants will receive a student packet and textbook
- **Living Healthy Certificate** will be provided to participants who attend 4 out of the 6 classes
- Led by Wellness@Work's nurse practitioner, Liska Lackey, and 2 other Living Healthy Leaders



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UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

