

Wellness@Work is pleased to announce:

Living Healthy Classes

starting Monday, Sept. 23!

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 weeks (12 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:

- When: 2 times a week on Mondays and Thursdays from 11:30a to 12:30p
- Dates: Monday, September 23 through Thursday, October 31
- Where: Wellness Clinic, 317 Caldwell Street, lower level
- Living Healthy Book and weekly prizes for all participants
- Living Healthy Certificate for everyone who attends 8 of the 12 classes
- Led by Wellness@Work's nurse practitioner, Liska Lackey; and Living Healthy Leader, Iris Hutcheson



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TOWN OF CHAPEL HILL

