

Wellness@Work is pleased to announce:

Living Healthy Classes

starting Friday, Sept. 6!

*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 (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

- Starts Friday, September 6 and ends on Friday, October 12
- 12 to 2pm on Fridays (please brown-bag your lunch)
- 2nd Floor Conference Room at Transit
- Participants will receive a book full of ideas on how to manage your health
- Led by Liska Lackey and Marni Holder

