



For immediate release

Dec. 20, 2016

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6-Week Class Aimed at ‘Living Life Well’

Are you sick and tired of being sick and tired? Do you resolve to live life better in 2017? Lewis and Clark Public Health can help.

The health department will offer a free series of classes called “Living Life Well,” beginning Jan. 17. The six weekly sessions will help those who have chronic conditions and their caregivers to manage pain, fatigue, physical limitations, fears, and frustrations. Each class will be on a Tuesday from 10 a.m. to 12:30 p.m. and will be held in the health department conference room at 1930 Ninth Avenue.

Examples of chronic conditions include arthritis, asthma, diabetes, depression, anxiety, heart disease, and lung disease.

The classes will cover a variety of topics, including making healthy food choices, increasing physical activity, managing symptoms and medications, preventing falls, sleeping soundly, and communicating effectively with loved ones and health-care professionals.

Participants will learn how to make an action plan to meet their own personal health goals, whether that’s eating more vegetables or walking 20 minutes a day.

“If you’re tired of feeling dull, depressed, even hopeless, this program can help you get your drive, energy, and life back,” said Melissa Baker, chronic disease health educator.

To learn more or to sign up, contact Baker at the health department, 457-8923.