



# Living a Healthy Life with Chronic Conditions

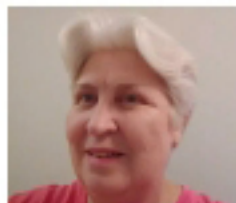
## *Past participant testimonials*



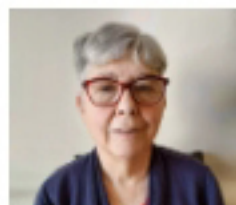
"I really enjoyed the class. It has made a difference in my life and my outlook on life." ~Tom

"Creating a list of daily goals has become a routine for me as a result of using the workshop's action-planning tool." ~Robin

"The review on healthy eating was helpful. I'm being more mindful of what I eat and taking the time to read food labels." ~Sheryl



"The workshop motivated me to start exercising. I can feel a difference in my strength and endurance, and I'm able to do a little more than I could before." ~Paula



"So many things come at you when you live with chronic conditions. The tools presented in this workshop help you to sort these things out and focus on ways to function at your best." ~Andrea  
(former participant, current facilitator)