Feel better.

Be in control.

Do the things you want to do!

For information on workshops near North Memorial clinics, please contact:

Patrick Somsen
Exercise and Wellness Coordinator
CommonBond Communities
patrick.somsen@commonbond.org
651-290-6241

Licensing provided through the
Metropolitan Area Agency on Aging
2365 North McKnight Rd.
St Paul MN 55109
Put Life Back Into Your Life. Consider a Living Well with Chronic Conditions Workshop.

Are you an adult with an ongoing health condition? Or a caregiver for someone with a ongoing health condition?

You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well with Chronic Conditions Workshop can help you take charge of your life.

Sign Up Today. Spaces Are Limited.

Join a 2 ½-hour Living Well with Chronic Conditions Workshop, held each week for six weeks.

Learn from trained volunteer leaders with health conditions themselves.

Set your own goals and make a step-by-step plan to improve your health—and your life.

To register or get more information, please call: 651-917-4633

“In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be.”

“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”

“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”