



**You're worth the time, enroll today and take control of your chronic condition. Here's what participants had to say:**

**"Gave me the awareness of my self-worth."**

**"You can accomplish positive changes  
"one small step at a time".**

**"Fun and easy to do, I loved the group."**

Take Control of Your Chronic Condition

**Start Living  
Well Today!**



**Bassett Healthcare Network**

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[www.bassett.org](http://www.bassett.org)



**Bassett Healthcare Network**

## Living Well with Diabetes

is a workshop that will help you take control of your diabetes rather than letting it control you!

Get more out of life by attending this FREE 2.5 hour workshop one time per week for 7 weeks.

You will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue & pain
- Eat healthier & read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...Get more out of life!

**Workshops begin in April and are held weekly.**

## Living Well with a Chronic Condition

is a FREE interactive 7-week workshop series that meets once a week for 2.5 hours to help people with chronic conditions such as diabetes, breathing problems, depression, anxiety, heart conditions, and arthritis.

- Gain support from peers that have similar conditions
- Identify stressors and learn new coping skills
- Learn better ways to talk to your family, friends, and health care professionals
- Find practical ways to deal with pain and fatigue
- Discuss ways to maintain and improve strength, flexibility, and endurance
- Set your own goals and make a step-by-step plan to improve your health and life

**Workshops begin in September and are held weekly.**

## Living Well with Chronic Pain

is a FREE 7-week workshop series that meets once a week for 2.5 hours. People living with chronic pain will:

- Gain support from others
- Learn how to manage chronic pain symptoms
- Set goals and problem solve
- Exercise safely
- Identify ways to cope with difficult emotions
- Discuss ways to talk to doctors, family, and friends about your needs

**Workshops begin in April or September and are held weekly.**

## Workshop Locations

- Cobleskill
- Cooperstown
- Delhi
- Hamilton
- Herkimer
- Little Falls
- Norwich
- Oneida
- Oneonta
- Sherburne
- Sidney

**Sign up today for one of our Living Well sessions.**

**For more information you may call 607-547-3948, email [LivingWellSessions@bassett.org](mailto:LivingWellSessions@bassett.org) or visit [Bassett.org/ChronicConditionCare](http://Bassett.org/ChronicConditionCare).**