

## **Live Well During the Holiday Season**

The holidays are a time family, friends, food, and fun. It is also a time of stress on your body and in your relationships. The good staff of the Dakota County Health Department want to help you have a happier and healthier holiday season, by offering you the program Living Well.

Living Well is a six week program designed to help people live better with chronic conditions that, may lead to life limiting conditions. The class is for those who suffer from chronic illnesses, as well as their caregivers. Whether you struggle with physical or psychological, Living Well is for you.

This program will help you to:

- Find support from others in the class. Chronic illnesses can leave one feeling isolated. This program will give you the opportunity to connect with others who are affected by chronic illness.
- Find ways to manage pain and feeling tired. Chronic illnesses drain our strength. In this program you will find ways to make the holiday season more enjoyable because your illness is under control.
- Learn about healthy eating and exercise habits. This will help you to celebrate in a healthy manner.
- Learn to manage stress,
- Set and reach goals and,
- Learn better ways to talk with your doctor and family about your health.

These tools will help you during the holiday season and all year long.

The classes are held at the Dakota City United Methodist Church, 1523 Locust Street, in Dakota City, Nebraska. Contact the Dakota County Health Department to sign up for this program, 402-987-2164, to save your seat. Remember, seating is limited.

As an incentive, the Health Department will provide you with a book that reinforces what you will be learning from the class. In addition the Church will offer these incentives for attendance.

- Know your numbers
- Family meals
- Cooking Demos
- Alternative gardening.

Classes begin October 31st. Call 402-987-2164 to reserve your seat for this six session program.