



**Living with a chronic condition like diabetes, chronic pain, depression, anxiety, COPD/asthma, heart disease, or cancer?**

## **Learn to manage your condition with the Living Well program**

New 6-week workshop series start each month. Sign up for a **FREE** workshop that has been redesigned for your health and safety. Participate in *Living Well with Diabetes*, *Living Well with Chronic Pain*, or *Living Well with Chronic Conditions*, either online or through a mailed toolkit.



**SCAN ME**

**For more information  
call 607-214-2332 or  
[LivingWellSignUp.com](http://LivingWellSignUp.com)**



Bassett Healthcare Network