



Nurture Your Wellbeing

Join a **free** 6-week wellness workshop on Zoom

Each week in a supportive group environment you will grow your wellness toolbox by learning and practicing ways to manage your condition day-to-day.

Living Well with Diabetes

Tuesdays 5-7:30pm
Starts September 6, 2022

Living Well with Chronic Conditions

Wednesdays 1- 3:30pm
Starts September 7, 2022

Living Well with Chronic Pain

Thursdays 10am -12:30pm
Starts September 8, 2022

How to use a QR Code:

1. Open your camera app
2. Focus the camera on the QR code or gently tap the code
3. Follow the instructions on the screen to link to www.bassett.org/livingwell



Call: 607-547-3948, email: livingwellsessions@bassett.org, or go online today to enroll

