



Program	Description	Time	Audience	Cost
Better Choices, Better Health® (Online LWCC)	Better Choices, Better Health® (BCBH) is the online Living Well with Chronic Conditions workshop. The class empowers participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition.	1 class/week 2 hours/class 6 weeks (Doesn't require real-time attendance)	Adults with 1 or more chronic conditions.	Potential cost
Living Well with a Disability (LWDisability)	Living Well with a Disability (LWDisability) is a ten week peer-facilitated health promotion workshop for people with disabilities.	1 class/week 2 hours/class 10 weeks	Adults with disabilities.	No cost
Living Well with Chronic Conditions (LWCC)	Living Well with Chronic Conditions (LWCC) is a program for people with chronic health problems. The program addresses common symptoms and worries from all types of chronic disease and illnesses.	1 class/week 2.5 hours/class 6 weeks	Adults with 1 or more chronic conditions and their family members or caretakers.	No cost
Living Well with Chronic Pain (LWCP)	The Living Well with Chronic Pain program (LWCP) is a 6-session evidence-based workshop designed for those dealing with chronic pain.	1 class/week 2.5 hours/class 6 weeks	Adults who are experiencing chronic pain.	No cost
Living Well with Diabetes (LWDiabetes)	Living Well with Diabetes (LWDiabetes) is a 6-session evidence-based workshop designed for those living with diabetes.	1 class/week 2.5 hours/class 6 weeks	Adults with diabetes and their family members or caretakers.	No cost
Programa de Manejo Personal de la Diabetes (Manejo)	Una clase de seis semanas para las personas con Diabetes, se enseña completamente en Español.	Dos horas y media a la semana durante seis semanas	Adultos con diabetes, miembros de su familia o cuidadores.	Ningún n coste o tarifa pequeña
Tomando Control de su Salud (LWCC in Spanish; Tomando)	Tomando Control de su Salud (Spanish LWCC) es un Programa de Manejo Personal de Condiciones Crónicas para personas con condiciones crónicas del salud, se enseña completamente en Español.	Dos horas y media a la semana durante seis semanas	Adultos con una o más afecciones crónicas.	Ningún n coste o tarifa pequeña