


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
WORKSITE Living Well with Chronic Conditions (wLWCC)	Worksite Living Well with Chronic Conditions (wLWCC) is a worksite program for people with chronic health problems. The program addresses common symptoms and worries from all types of chronic disease and illnesses.	2 classes/week 1 hour/class 6 weeks	Adults with 1 or more chronic conditions and their family members or caretakers.	No cost
Walk With Ease (WWE) Group or self-guided	The Walk With Ease (WWE) program helps participants develop a walking plan to meet their particular needs, helps them stay motivated and teaches how to exercise safely.	1 hour class 3 classes/week	Adults with arthritis pain or just want to be active.	No cost


Better Choices, Better Health®

A six-week online workshop for people with long-term health concerns



Find out how to register!

Contact:
livingwell@utah.gov
888-222-2542



Living Well
with Chronic Conditions

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Walk With Ease

A program that motivates you to get into shape by helping you walk safely and comfortably



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