

Free Wellness Workshops!

Learn tools and knowledge to improve your health. Secure your spot!



Learn and practice ways to support your physical, mental and emotional health by creating action plans and achievable steps towards your wellness goals. The 7-week workshop atmosphere is supportive and encouraging. Caregivers are welcome! Sign up by: calling **607-547-3948**; emailing: livingwellsessions@bassett.org; or online: www.bassett.org/livingwell. Follow on Facebook at www.facebook.com/BassettLivingWell.

Living Well with Diabetes is for those living with diabetes (Type 1, Type 2, gestational, or prediabetes). Self-management techniques include:

“Whether a newly diagnosed diabetic or someone who has had diabetes for years, this course will keep you updated and aware of ways you can help yourself maintain a healthy lifestyle.”

- The importance of monitoring glucose levels
- Observing symptoms and knowing what to do
- Following a healthy eating plan
- Engaging in regular physical activity
- Managing stress and emotions (fatigue, depression)
- Dealing with sick days, infections and illnesses
- Using medications in a safe and effective way
- Getting necessary tests, exams and immunizations

Living Well with Chronic Pain Self-management techniques include:

- Manage chronic pain symptoms
- Using your mind to manage pain symptoms
- Pacing: balancing activity and rest
- Exercising safely (use the Moving Easy Program)
- The impact of healthy eating on chronic pain
- Identifying ways to cope with difficult emotions

“I found the group setting to be very beneficial. I came into this having a pretty good grasp of pain management. Turns out I learned even more by benefitting from others’ experiences.”

Living Well with a Chronic Condition includes any ongoing condition such as depression, anxiety, respiratory conditions, and heart conditions. Self-management techniques include:

“Well rounded program that offers a wide view of managing your illness. It makes you think about multiple ways of dealing with it. Helps to know you're not alone.”

- Using your mind to manage symptoms and emotions
- Fall prevention, improving balance
- Ways to improve strength, flexibility, and endurance
- Effectively communicate with doctors, family, and friends
- Making healthy food choices
- Maintaining a healthy weight
- Making informed treatment decisions





Call: 607-547-3948
www.facebook.com/BassettLivingWell
Email: LivingWellSessions@bassett.org
Online: www.bassett.org/LivingWell

Spring 2020 Schedule

Living Well with Diabetes

Cobleskill: Tuesdays 9:30am-12pm at Schoharie Office for the Aging starting 5/12/2020

Cooperstown: Wednesdays 5-7:30pm at Clark Sports Center starting 5/13/2020

Delhi: Thursdays 3-5:30pm at O'Connor Hospital starting 5/14/2020

Hamilton: Tuesdays 5-7:30pm at Hamilton Bassett Clinic starting 5/12/2020

Little Falls: Tuesdays 5-7:30pm at Little Falls Hospital starting 5/12/2020

Norwich: Wednesdays 1-3:30pm at the Eaton Center starting 5/13/2020

Oneonta: Thursdays 12:30-3:00pm at FoxCare starting 5/14/2020

Living Well with Chronic Pain

Cobleskill: Tuesdays 1:30-4pm at Calvary Assembly of God starting 3/24/2020

Cooperstown: Mondays 5-7:30pm at Clark Sports Center starting 3/23/2020

Hamilton: Tuesdays 9:30am-12pm at Hamilton Public Library starting 3/24/2020

Herkimer: Tuesdays 5-7:30pm at Herkimer County Chamber of Commerce starting 3/24/2020

Little Falls: Wednesdays 2-4:30pm at Little Falls Hospital starting 3/25/2020

Norwich: Wednesdays 9:30am-12pm at the Eaton Center starting 3/25/2020

Oneida: Wednesdays 5-7:30pm at Oneida Healthcare Center starting 3/25/2020

Oneonta: Fridays 9:30am-12pm at FoxCare starting 3/27/2020

Sidney: Tuesdays 9:30am-12pm at Tri-Town Hospital starting 3/31/2020

Living Well with Chronic Conditions

Canastota: Tuesdays 1-3:30pm at Madison Office for the Aging starting 5/12/2020

Cobleskill: Thursdays 9:30am-12pm at Schoharie Office for the Aging starting 5/14/2020

Cooperstown: Tuesdays 1-3:30pm at Clark Sports Center starting 5/12/2020

Ilion: Wednesdays 9:30am-12pm at John Guy Prindle Apts. starting 5/13/2020

Norwich: Tuesdays 5-7:30pm at the Eaton Center starting 5/12/2020

Oneonta: Mondays 5-7:30pm at FoxCare starting 5/11/2020

Living Well Workshops are offered in spring and fall. Locations, times and days change from season to season. Contact the Living Well Program for workshop schedule change updates.