

## LIVING WELL CLASSES

Register at: [LivingWell.Utah.gov](http://LivingWell.Utah.gov)  
1-888-222-2542



Name \_\_\_\_\_

EIN or EIN+1 if spouse/AD \_\_\_\_\_

SLCo employees name if spouse/AD \_\_\_\_\_ Date \_\_\_\_\_

### Self-Management Workshops:

- Living Well with Chronic Conditions *(Tomando Control de su Salud)*
- Living Well with Diabetes *(Manejo Personal de la Diabetes)*
- Living Well with Chronic Pain *(Not available in Spanish)*
- Living Well with a Disability *(Programa de Manejo Personal de la Discapacidad)*

### Physical Activity Classes:

- Arthritis Foundation Exercise Program *(Low-impact exercise)*
- Enhance Fitness *(Group Senior Fitness)*
- Stepping On *(Falls Prevention)*
- Walk With Ease *(Arthritis Walking Program)*

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Instructor Signature

### Next Steps:

- ✓ Register for a class.
- ✓ Attend and participate.
- ✓ Have instructor sign this verification form.
- ✓ Submit to Healthy Lifestyles to receive 150 points.

Submit this form in any of the following ways:

**Drop box:** outside of S3-840 (Healthy Lifestyles office)

**Courier:** Sent Attn: Healthy Lifestyles, GC S2-600-4575

**Email:** scanned and emailed to [myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org)

**Fax:** Attn-Healthy Lifestyles  
385-468-4096

**More info:**  
[livingwell.utah.gov](http://livingwell.utah.gov)

CLASS	DESCRIPTION	SCHEDULE
<b>Living Well with Chronic Conditions</b>	A 6-session evidence-based workshop designed for people with chronic health problems. The program addresses common symptoms and worries from all types of chronic disease. <b>*Must attend 5 classes for 150 points</b>	1 class/wk 2.5 hrs/class 6 weeks
<b>Living Well with Diabetes</b>	A 6-session evidence-based workshop designed for those living with diabetes. <b>*Must attend 5 classes for 150 points.</b>	1 class/wk 2.5 hrs/class 6 weeks
<b>Living Well with Chronic Pain</b>	A 6-session evidence-based workshop designed for those dealing with chronic pain. <b>*Must attend 5 classes for 150 points.</b>	1 class/wk 2.5 hrs/class 6 weeks
<b>Living Well with a Disability</b>	A 10-week peer-facilitated health promotion workshop for people with disabilities. Learn the life skills they need to set and achieve quality-of-life goals. <b>*Must attend 8 classes for 150 points.</b>	1 class/wk 2 hrs/class 10 weeks
<b>Arthritis Foundation Exercise Program</b>	A low-impact class that can be done either sitting or standing. These gentle, joint safe exercise relieve stiffness and decrease arthritis pain. <b>*Must attend 7 classes for 150 points.</b>	1 hour class 3 classes/wk
<b>Enhance Fitness</b>	Focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises. <b>*Must attend 7 classes for 150 points.</b>	1 hour class 3 classes/wk
<b>Stepping On</b>	A 7-week program to help older adults improve confidence to reduce the risk of falls by 31%. Learn information and exercises. <b>*Must attend 5 classes for 150 points.</b>	1 class/week 2 hrs/class 7 weeks
<b>Walk With Ease</b>	Helps participants develop a walking plan to meet their needs, helps them stay motivated and teaches how to exercise safely. <b>*Must attend 5 classes for 150 points.</b>	1 hour class 3 classes/wk 6 weeks