

Living Well Works

Over 1,000 individuals in 32 states have completed the Living Well workshop.

Preliminary research revealed that participants who complete the eight-week Living Well program experience:

- A **37% decrease** in limitation due to secondary conditions
- A significant decrease in depression levels.

Living Well participation is also associated with a **10% decline** in costs for medical services.

The healthier we are,
the more we're able to do
the things we want in life.

Living Well with a Disability

helps people develop

tools and skills

for healthy living.

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Living Well with a Disability

A Program for
Community-Based
Organizations to
Promote Health
and Wellness

Presented by:

**The Kansas Department
of Health and Environment**

and

**The University of Kansas
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