



Put Life Back in Your Life

Living Well with Chronic Health Issues

Free Workshop Series

It's All About You

- *If you have a chronic health condition or love someone who does, then this workshop is for you*
- *A research-based Chronic Disease Self-Management Program developed by Stanford University*

Through this program you will learn to:

- *Live with a chronic health condition*
- *More easily manage your medications*
- *Understand the benefits of exercise*
- *Make smarter decisions related to healthy eating*

Chronic health conditions may include, but are not limited to:

Arthritis, cancer, respiratory conditions, high blood pressure, chronic pain, diabetes, heart failure

When: *Tuesdays
1:00PM - 3:00PM
Starting 11/14*

Where: *Golden Sands Community Room 21608 O Place, Ocean Park*

Call if interested, once there are 3-6 people registered, we will start the next class series!