

# LIVE WELL

This is your chance to...

take control!

FREE

Healthier Living Workshops



## Who Should Attend?

Adults with chronic stress, depression, anxiety, diabetes, arthritis, high blood pressure, high cholesterol, lung disease, who smoke or who are overweight

Caregivers, family members, or friends of someone with one of the above health conditions

Healthy Living Workshops are 2 ½ hrs. each week for six weeks

## Workshop Overview:

- Healthy eating and physical activity;
- Working with your Doctor;
- Managing symptoms, and much more.....

## The Benefits of *Healthier Living*

- Improved physical activity
- Enhanced well-being and confidence to manage a chronic health condition
- Less pain and fatigue

Upcoming Class: TBD

Receive incentive bag\*

\*Must complete the six class series to receive the incentive\*

For more information, or to enroll in the next workshop, call  
**(209) 381-1223**



The Chronic Disease Self-Management Program Workshop  
©2012, The Board of Trustees, Leland Stanford Junior University.  
All rights reserved. This program may only be used or reproduced  
by organizations licensed by Stanford University..

Rev. 12/05/2014

