

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS WORKSHOP

Take control of your ongoing health condition on a daily basis with this **FREE** six week workshop. Use discussion and goal setting to help you learn how to better manage stress, eat healthier, develop an exercise program, communicate better with your physician, and live a happier, healthier life. This course is designed for individuals with chronic illness or their caregivers.



WHERE: San Rafael Library
1240 Nithsdale Road
Pasadena
Phone: 626-744-7272

DATES: 6 Consecutive Tuesdays
August 3, 10, 17, 24, 31, September 7

TIME: 1:00 - 3:00 pm

**For more information or to RSVP please call:
(626) 397-3376**