

Living Healthy ♥

A six week workshop series on managing chronic health conditions (such as: DIABETES, ARTHRITIS, HIGH BLOOD PRESSURE, OSTEOPOROSIS, HEART DISEASE)

Thursdays 1:00pm - 3:30pm ♥ **101 COMMUNITY ROOM**

Session 1, July 19th ♥ overview of self management & chronic conditions ♥ making an action plan ♥ using your mind to manage symptoms

Session 2, July 26th ♥ feedback & problem solving ♥ difficult emotions ♥ fitness & exercise ♥ making an action plan

Session 3, August 2nd ♥ better breathing ♥ pain & fatigue ♥ action plan ♥ using your mind to manage symptoms ♥ feedback & problem solving

Session 4, August 9th ♥ nutrition ♥ future plans for health care ♥ communication ♥ making an action plan ♥ feedback & problem solving

Session 5, August 16th ♥ medications ♥ making treatment decisions ♥ depression ♥ making an action plan ♥ using your mind to manage symptoms ♥ feedback & problem solving

Session 6, August 23rd ♥ working with health professionals ♥ working with health care systems ♥ future plans ♥ making an action plan ♥ using your mind to manage symptoms ♥ feedback & problem solving

LIGHT, HEALTHY REFRESHMENTS WILL BE SERVED

For additional information call Karen @ 442-5530
to sign up contact Deb @ 463-4999