



# FREE

## HEALTHIER LIVING WORKSHOPS

### MANAGE YOUR CHRONIC HEALTH CONDITION OR CHRONIC PAIN TO LIVE A HEALTHIER LIFE

#### Option 1: For People with Chronic Health Conditions

(arthritis, heart disease, diabetes, high blood pressure, lung disease, or stroke, etc.)

Learn how to eat well, sleep soundly, exercise safely, and deal with pain and fatigue

Learn skills to effectively communicate, make decisions, set goals and solve problems

Live more independently, make healthier food choices, manage weight, deal with depression and other difficult emotions, and many other topics

#### Option 2:

#### For People in Chronic Pain

Learn how to deal with pain, frustration, fatigue, isolation, and poor sleep

Learn gentle exercises for maintaining and improving strength, flexibility, and endurance

Learn skills to communicate effectively with family, friends, and health professionals

Learn about nutrition, appropriate use of medications, how to pace activity and rest, how to evaluate new medical treatments, and other topics

**BOTH WORKSHOPS MEET FOR 2 ½ HRS, ONCE A WEEK, FOR 6 WEEKS**

**OPEN TO PATIENTS AND CARE GIVERS**

People who have participated in these programs reported significant improvements in their quality of life, greater ease when exercising, better ability to communicate with physicians & family members, & overall improvements in general health. They also spent fewer days at doctors' offices & in hospitals.

**For more information and to find out about up-coming classes, please contact:**

**Susan Era @ 707-671-5939 OR Charlie Seltzer @ 707-972-3191**



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