

FREE SIX-WEEK SERIES

Living Well

WITH
A **CHRONIC CONDITION**



Improve your quality of life and lower your healthcare costs with this free innovative and interactive workshop.

THURSDAYS, JAN 16-FEB 20, 2:00-4:30 PM

Cedar Park Community Room , 210 Sutton Way, Grass Valley

Call Karen at 530-274-5601 to register

TAKE CHARGE OF YOUR HEALTH

Share your experience, make an action plan, and problem-solve alongside others with chronic conditions.



LEARN TECHNIQUES FOR DEALING WITH
FRUSTRATION, FATIGUE, PAIN, &
ISOLATION

BUILD YOUR STRENGTH & ENDURANCE

COMMUNICATE MORE EFFECTIVELY WITH
FAMILY, FRIENDS, & HEALTH
PROFESSIONALS

If you have a chronic condition such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, or emphysema, this workshop is for you!

REGISTER TODAY!
CALL KAREN AT 530-274-5601.



Dignity Health[™]
Sierra Nevada Memorial Hospital



connecting point
community services central