

# HEALTHIER LIVING

## *with Chronic Conditions*



Join us for a **FREE** 6 week workshop!

### About Healthier Living

- Great for **ANY ADULT** ages 18+, with an ongoing health condition
- Family and friends are welcomed
- Small group workshop on gaining control and managing your own health
- Meets 2½ hours per week for 6 weeks

### You Will Learn...

- Tips to better manage your health
- Ways to control pain, stress, and anxiety
- How to talk to doctors, family, and friends
- How to set goals and solve problems
- Ways to eat healthy and keep active

Ask for our  
workshops offered  
in Spanish

### Workshop Benefits

- Helps you feel well and be well
- Feel more energy and less tired
- Increased exercise and reduced pain
- Meet new people and get support from new friends
- And much more!

### For More Information

Call **Office on Aging** at:

**1-800-510-2020**

or see website:

[www.cahealthierliving.org/orange](http://www.cahealthierliving.org/orange)

*"It gave me the **courage** to get my life back on track..."*

- **Workshop Participant**



Advocacy. Action. Answers on Aging.



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