

Healthier Living



FREE 6-week workshop

Manage Your Condition, Improve Your Health & Feel Better

• Arthritis • Diabetes • COPD • Hypertension • Heart Disease • Other conditions

- Dealing with difficult emotions and depression
 - Communicating about your condition with family and friends
 - Working with your doctor and healthcare team
 - Making informed treatment decisions
 - Managing symptoms, stress, and fatigue
 - Using medications appropriately
 - Problem solving and decision-making
 - Changing from negative to positive thinking
 - Getting a good night's sleep
 - Exercise and Nutrition
 - Preventing Falls and Improving Balance
 - Setting weekly goals
- ❖ Developed at Stanford University this workshop empowers participants by encouraging them to manage their own health by making lifestyle changes that improve their overall well-being.

Location & Dates:

San Mateo Senior Center

2645 Alameda de las Pulgas, San Mateo, CA

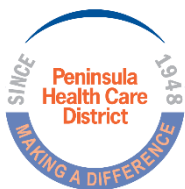
650.522.7490 (sign up in person or online)

Dates: February 5th – March 11th, 2020 (6 Wednesdays)

Time: 1:00am – 3:30pm

Activity Number: 142510-A1

You will also receive the book “Living a Healthy Life with Chronic Conditions” and the CD “Time for Healing; Relaxation for Mind and Body”



in Partnership



with:

