

# Healthier Living

## with Chronic Conditions

An award-winning program developed by Stanford University  
to help participants live a happier, healthier life!



### 6 Sessions - Tuesdays

**DATES:** Nov 8 – Dec 13, 2016

11/8, 11/15, 11/22, 11/29, 12/6, 12/13

**TIME:** 1:00 p.m. – 3:30 p.m.

20 minute break in middle

**Sign-up for this FREE  
workshop today!**

**LOCATION:** South Region Live Well  
Center in National City  
2nd Floor Training Room

401 Mile of Cars Way  
National City, CA 91950

### Who can benefit?

- Anyone with an ongoing health condition
- Family members or caregivers of someone with an ongoing health condition

### During 6 classes, you will:

- Enjoy a small group led by peers trained in self-management
- Discover ways to better manage your health challenges and lessen their impacts on your life
- Explore ways to reduce fatigue, anxiety, sleep loss and pain
- Set goals and problem-solve to make positive changes

**TO REGISTER CALL:**

**858.495.5500**

**Please leave a message.  
Your call will be returned.**

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