



# Put Life Back in Your Life!



## HEALTHIER LIVING

### Managing Chronic Conditions

**“The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner.” – Robert, age 68**

#### Who should attend?

- Anyone with an ongoing health condition
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

#### During six 2½ - hour classes you will learn to:

- Better manage your health condition and lessen its impact on your life
- Reduce fatigue, anxiety, sleep loss and pain
- Communicate better with your doctors, friends and family
- Set goals and problem solve to make positive changes

## Find a class near you!

Aging & Independence Services (AIS) offers these classes at senior centers and other sites around San Diego County.

Call 858-495-5500, ext. 3 to find a class near you.

