

Living Well Workshop



Developed at Stanford University to help those living with ongoing health conditions and chronic diseases.

Take charge of your health and design your own self-management program. Learn:

- How to work with your doctor
- How to manage your symptoms
- New ways of problem solving
- How to set realistic weekly goals
- Communication skills
- Relaxation techniques
- Tips for eating well
- Use of community resources
- How to manage and understand medications

Free introduction on Saturday, April 2, 2016
11 a.m.–noon

6 week session

Saturdays, April 9–May 21, 11 a.m.–1:30 p.m.
(no class on May 7)

Oldemeyer Center, 986 Hilby Avenue, Seaside

\$15 (will be refunded if all 6 classes are completed)
Pre-registration required.



REGISTRATION

Fax registration form with credit card payment to 625-4872. Registrations are processed on a first-come, first-served basis. For more information, please call (831) 625-4867.

Course title: _____

Course dates: _____

Name: _____

Address: _____

City: _____ ZIP: _____

Telephone (day): _____ (evening): _____

Email address: _____

Payment: \$ _____ Mastercard VISA American Express Discover

Credit card #: _____ CVV #: _____

Expiration date: _____ Authorized signature: _____