



LEARN HOW TO LIVE A HEALTHIER LIFE WITH CHRONIC CONDITIONS

Topics Covered:

- ✓ Managing Symptoms
- ✓ Healthy Eating
- ✓ Medication Usage
- ✓ Stress Management
- ✓ Making Informed Treatment Decisions
- ✓ Work With Your Health Care Provider
- ✓ Setting Goals

Sponsored by

Mendonoma Health Alliance

This program supports one of MHA's Key Initiatives



mendonomahealth.org



VIRTUAL HEALTHY LIVING COURSE

A Self-Management Workshop
for people with Chronic
Conditions

*Based on Stanford University's
Chronic Disease Self-Management
Program*

FREE Seven-Week Class

October 1 – November 12, 2020

- ✚ Thursdays: 9:30 am - 11:30 am
- ✚ Online Zoom Meetings
- ✚ Online Assistance Available

Space is limited – Register Today!

For more info or to register, please contact

(707) 412-3176 x102
info@mendonomahealth.org

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