



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



Chronic Care Management



## TAKE CHARGE OF YOUR HEALTH

### A Self-Management Workshop for people with Chronic Conditions

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

FREE Six-Week Class

Sept 10 - Oct 22, 2019\*

(\*no class Oct 1)



Tuesday: 1:30 pm - 4:00 pm

Water Company Conference Room

38958 Cypress Way, Gualala

Space is limited - Register Soon

For more info or to register, please contact

(707) 412-3176 x102

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