

BECOME A TEACHER FOR THE HEALTHY LIVING COURSE



Learn To Teach A Health-Management Workshop
for people with Chronic Conditions

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

FREE 13-Session Class: Sept 14th – Oct 21st

- ✚ Tuesday & Thursday: 9:30 - 12:00
- ✚ Online Zoom Meetings

Space is limited – Register Today!

For more info or to register, please contact

(707) 412-3176 x102

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