

HEALTHIER LIVING

Living Your Best Life...



Who Will Benefit?

- Anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease, depression, etc.)
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

During the free workshops you will learn:

- Tips to better manage your health
- Ways to control pain, stress and anxiety
- How to talk with doctors, family, and friends
- Goal-setting and problem solving
- Healthy eating and ways to keep moving

WHERE:	Vallejo Marina Towers Senior Apartments Community Center 601 Sacramento Street
DATES:	Thursdays: July 31st through September 4th Participants are encouraged to attend all <u>6</u> sessions
TIME:	9:30 a.m. - 12:00 p.m.
CALL TO REGISTER:	Area Agency on Aging (707) 643-1797
Visit us online at www.cahealthierliving.org	



Sponsored by Solano Public Health and CA4Health, a project of the Public Health Institute, with funding from the Centers for Disease Control and Prevention