



Healthier Living

Managing On-Going Health Conditions



Do you or someone you love or care for have?

- Arthritis
- Diabetes
- High blood pressure
- Heart problems
- Chronic Health problems

Learn how to:

- Manage pain, stress, fatigue and emotions
- Work better with your doctor and healthcare professionals
- Set goals and problem solve to make positive changes in your life
- Be more fit and eat healthier
- Feel better and reduce your healthcare costs



6-Week HEALTHIER LIVING WORKSHOP! FREE!

Space is limited – Everyone is Welcome!

FREE gifts and awards will be given to participants completing the workshop!

Date & Time:

From Aug. 21 – SEP. 25, 2012

Tuesdays 1-3:30PM

**Sponsored by St. Francis Square Coop,
YMCA and CCSF**

Location:

Buchanan YMCA- Conference Rm

1530 Buchanan St @ Geary

San Francisco, CA 94115

415 831-9622

Pre-registration is required by:

Contacting *CCSF-Shelley Glazer 415 452-5839 or YMCA-Clay Wong 415 831-9622*

Developed by Stanford University School of Medicine,
San Francisco Dept. of Aging & Adult Services. 30th Street Senior Center.