



ACTIVE ADULT COMMUNITY CONNECTION



HEALTHIER LIVING MANAGING ONGOING HEALTH CONDITIONS



An award-winning program developed by Stanford University, to help you better manage chronic health conditions and live a happier, healthier life.

Who should attend?

- Anyone with an ongoing health condition
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

During the workshops participants will learn to:

- Better manage your health condition and lessen its impact on your life
- Reduce fatigue, anxiety, sleep loss and pain
- Communicate better with your doctors, friends and family
- Set goals and problem solve to make positive changes

Sign up now!

Pre-registration required!

Seating Limited to **20** participants for this six-week series

Contact:

Susan Mathieu, Ed.D.
(562) 426-7601 ext. 1721

Workshop Dates:

WEDNESDAYS

**October 13th, 20th, 27th &
November 3rd, 10th, 17th**

TIME:

1:30 PM – 4:00 PM

LOCATION:

Alpert Jewish Community Center
3801 E. Willow Street
Long Beach, CA 90815
(entrance on Grand Avenue)
Conference Room 27

