



**FEEL BETTER • GAIN ENERGY • ENJOY LIFE**

## **Living Well Coastal Workshop**

**Free 6 Week Workshop**

**Meet one day a week!**

Do you want to learn how to take control of your health and be more independent?

Do you suffer from a long-term health problem such as: fatigue, heart disease, cancer, strokes, injuries, breathing problems, kidney disease, diabetes, depression, obesity, arthritis, Parkinson's, or more?

Join a **FREE** *Living Well Coastal* Workshop and learn better ways of coping and managing your health by:

- Setting realistic goals
- Working with others
- Finding support and solutions
- Making daily tasks easier
- Relaxing and managing stress
- Working in partnership with your doctors

After attending this workshop, you will feel more prepared to:

- Cope with feelings of sadness
- Deal with pain and extreme tiredness
- Eat for better health
- Talk with family, friends, and health professionals
- Manage medications
- Relax and enjoy life!

### Who can Take Part?

Caregivers or anyone living with a long term health condition are welcome. *Living Well Coastal* is a six-session workshop based on a widely acclaimed program developed by Stanford University's Patient Education and Research Center. Best of all, it is **absolutely FREE** (a \$250 value). You will also receive a free book, CD, and a certificate of completion. Feel free to bring or invite a family member, friend, or caregiver.

**Put Life Back into Your Life &  
Live Well. Sign Up Today.**

**SEATING IS LIMITED. REGISTER NOW FOR  
NEXT AVAILABLE WORKSHOP.**

Call us today at (800)580-6860.

