

FREE Health and Wellness 6 Week Program

Living Life Well:

The Chronic Disease Self-Management Workshop

*A Stanford University
Self-Management Program*

When: Fridays - 1:00pm-3:30pm

(May 4th, 11th, 18th, 25th and June 8th and 15th)

****No class on June 1st***

Where: Billiards Room

This course is for anyone looking to add new life skills to their health and wellness.

You will learn life changing skills in:

Exercise, medication management,
nutrition, communication,
physical well-being and more.

***Contact Hannah Brown for more
information or to register!***