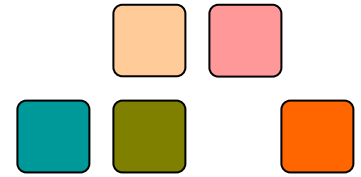


# FREE - Live Well Workshop Manage Chronic Disease



## ***Want to Live Life to the Fullest?***

Attend a **FREE** Live Well Workshop. Learn ways to manage your **Chronic Condition**: diabetes, arthritis, hypertension, asthma, emphysema, heart conditions & others.

### **Workshop Overview:**

- ❖ Understanding & managing symptoms
- ❖ Personalizing exercise routines
- ❖ Setting goals for healthily meals
- ❖ Practicing relaxation techniques
- ❖ Dealing with emotions
- ❖ Practicing positive thinking
- ❖ Working with your doctor
- ❖ Developing medication reminders tips
- ❖ Practicing positive communication strategies
- ❖ Practicing problem-solving
- ❖ Setting weekly goals

### **Dates:**

Thursdays, March 1 – April 5, 2012

Time: 9:30AM – 12Noon

### **Workshop Location:**

Sequoia Hospital  
Health & Wellness Center  
749 Brewster Avenue  
Redwood City, CA 94063

Presented as a community service by Sequoia Healthcare District and co-led by CEO Lee Michelson and Nancy Evans.

To enroll and for additional information, please call:

650.421.2155 x202 or 650.367.5998

Sitting is LIMITED, enroll today.

For a listing of classes, events, services and support groups at Sequoia Hospital, please visit our website [www.sequoiahospital.org](http://www.sequoiahospital.org), click on Classes & Events, and then Classes & Support Groups.