

Stanford University's

Healthier Living Program

for managing ongoing health conditions



Topics include:

- Making Informed treatment decisions
- Working with health care professional
- Pain and fatigue management
- Getting a good night's sleep
- Preventing falls
- Setting achievable health goals

For you, or someone you care for, may have to live with a chronic disease but can still **LIVE WELL !**

Fridays

Sept 16, 23, 30 and
October 2, 9 and 16, 2016

Hours:

9:00 a.m. -11:30 a.m.

REGISTER TODAY!

Location:

Westpark Community Center
450 W. Harrison Ave.,
Ventura 93001

No Charge

To register or for more information
call Sara at (805) 981-6657.