Managing Ongoing Health Conditions Healthier Living Colorado™

Do you need help managing your (or a loved one's) chronic disease or condition?

Healthier Living Colorado™ is an evidenced-based self-management program developed by Stanford University. You will learn effective ways to manage fatigue, frustration, pain, and stress related to ongoing health issues.



Enrolling NOW!

Call 303-432-5663 to register

Space is limited, so sign up today!

Due to funding source, preference will be given to those 60 years of age and older

CLASS DATES/TIMES

July 13, 20, 27; August 3, 10, 17 1:00pm—3:30pm Light snacks provided

LOCATION

Jeffco Family Health Services Center 7495 W. 29th Ave. Wheat Ridge, CO 80033

FACILITATORS

Valerie Cattany, LCSW Becky Lane-Ramsey, LCSW

WORKSHOP TOPICS

- **Working with your doctor**
 - **♦ Managing medications**
- \Diamond Starting an exercise program
 - **♦** Relaxation techniques
 - \Diamond Dealing with emotions
 - **♦ Managing symptoms**
 - **♦ Improving communication**
 - **♦ Tips on eating well**

And more!

Program Sponsored by:



