

Free HEALTHIER LIVING WORKSHOPS

*Living Your
Best Life...*



Who Will Benefit?

- Anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease, depression, etc.)
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

You'll learn:

- Tips to better manage your health
- Ways to control pain, stress and anxiety
- How to talk with doctors, family, and friends
- Goal setting and problem solving
- Healthy eating and ways to keep active

WHERE	Rio Vista Senior Center 25 Main Street Rio Vista, CA
DATES	Monday November 13th – December 18th 6 Week Series We meet once a week for six weeks. Participants are encouraged to commit to attend <u>all 6 sessions</u>
TIME	Mondays 1:30 PM – 4:00 PM
CALL TO REGISTER	Milinda Quesada @ 707-643-1797 Or sign up at the Senior Center
<u>Visit us at:</u> http://www.aaans.org/events-2/	



Sponsored by Solano Public Health with funding from the Centers for Disease Control and Prevention