

Healthier Living: Managing Ongoing Health Conditions



Mondays (6-part program):

April 4 - May 9, 2016

4:30 PM – 7:00 PM

Mental Wellness Center

617 Garden Street, Santa Barbara
2nd Floor Conference Room

To RSVP call **(805) 884-8440**

\$20 optional materials fee.

No one will be turned away regardless of ability to pay.

Do you or your family member or friend have an ongoing health condition? Do you want to be more active and social? Healthier Living is an award-winning program developed by Stanford University to help you. In this small group you will learn to:

- Manage your health to lessen its impact on your life
- Lower anxiety and pain, sleep better and have more energy
- Communicate better with doctors, friends and family
- Set goals and problem solve for better health

Join us to put life back into your life!

This program is brought to you in partnership by:



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