

Healthier Living: Managing Ongoing Health Conditions



Thursdays (6-part program):

February 16 - March 23, 2017

12:15 PM – 2:45 PM

Sansum Clinic

Westside Community Center Auditorium
423 West Victoria Street, Santa Barbara

Location is wheelchair accessible and help is available.

\$20 optional materials fee.

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

Space is limited.

Please RSVP online at
www.SansumClinic.org/health-and-wellness
or call toll-free (866) 829-0909.

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!
Light refreshments provided.

This program is brought to you in partnership by:



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