

# Healthier Living: Managing Ongoing Health Conditions

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**Wednesdays (6-part program):**

**October 12 - November 16, 2016**

**1:00 PM – 3:30 PM**

**Sansum Clinic**

4151 Foothill Road, Bldg A  
1st Floor Conference Room  
Santa Barbara

**\$20 optional materials fee.**

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

Light refreshments provided.

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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