

## FREE WORKSHOP

# HEALTHIER LIVING: Managing Ongoing Health Conditions

**Mondays, starting February 1, 1:30 – 4 p.m. at  
the Joslyn Community Center in Manhattan Beach**  
To register, call 310-374-3426, x120

### Who should attend?

- Anyone with an ongoing health condition
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

### During six 2½-hour workshops you will learn to:

- Better manage your health condition and lessen its impact on your life
- Reduce fatigue, anxiety, sleep loss and pain
- Communicate better with your doctors, friends and family
- Set goals and problem solve to make positive changes

Put **LIFE**  
Back in Your Life



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California Health Innovation Center and CHIC are service  
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Health Innovation Center of Partners in Care. Partners in Care Foundation is the state  
program office for the California Departments of Aging and Public Health, providing  
ongoing technical support to sites and leaders offering evidence-based programs.

Funded by the Administration on Aging and The California Department on Aging  
through the American Recovery and Reinvestment Act

