

Do you have a Health Condition that Affects Your Daily Life?

Learn how to live a fuller life with Stanford University's:

“Living Well with Chronic Conditions”

This *free* 6-week program is for anyone living with one or more chronic conditions. Weekly workshops arm you with skills to help manage medications, deal with fatigue and depression, manage symptoms, and more.

Also offered en Español as “Tomando Control de su Salud”

Each participant receives a copy of the book,
Living a Healthy Life with Chronic Conditions and a relaxation exercise on audiotape or CD

Mondays, January 26 through March 9, 2009
(No class on February 16 – President’s Day)

1:00 pm to 3:30 pm

Lakewood Park

1800 Lakewood Court, Eugene 97402

Also available:

- Free LTD bus tokens

FREE, Registration is required. CALL 687-6234 (ENGLISH)

*Sponsored by United Way of Lane County's
100% Access Healthcare Initiative*



Gerontology Institute



Sacred Heart Medical Center
PeaceHealth

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Fridays, January 23 through February 27, 2009

9:00 am to 11:30 am

Willamalane Adult Activity Center
215 C St., Springfield

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EN (ESPAÑOL) CALL 687-6200

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