

# HEALTHIER LIVING WORKSHOPS

Living Your  
Best Life...



## DO YOU HAVE A CHRONIC DISEASE?

*Such as High Blood Pressure, Diabetes, Heart Disease, Lung Disease or other ongoing health conditions?*

- DO YOU CARE FOR SOMEONE WITH A CHRONIC DISEASE?
  - WANT TO IMPROVE YOUR QUALITY OF LIFE?
- DO YOU WANT TO BE MORE PHYSICALLY & SOCIALLY ACTIVE?

**Healthier Living** is an award-winning program to help people better manage chronic health conditions and live a happier, healthier life.

**During 6 FREE weekly 2.5 hour Workshops**  
**You will learn:**

- Tips to better manage your health
- Ways to control pain, stress and anxiety
- How to talk to doctors, family, and friends
- Goal setting and problem solving
- Healthy eating and ways to keep moving



**To REGISTER - Please inform your Medical Assistant/Provider  
and call the Area Agency on Aging at**

**(707) 643-1797 to sign up**

Visit [www.cahealthierliving.org](http://www.cahealthierliving.org)

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