

FREE WORKSHOP

HEALTHIER LIVING: Managing Ongoing Health Conditions

Six-week workshops are held throughout the year. Call today to explore upcoming dates and register.

To register, call Tara Guden at 310-374-3426, ext. 120, or email tara.guden@bchd.org

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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