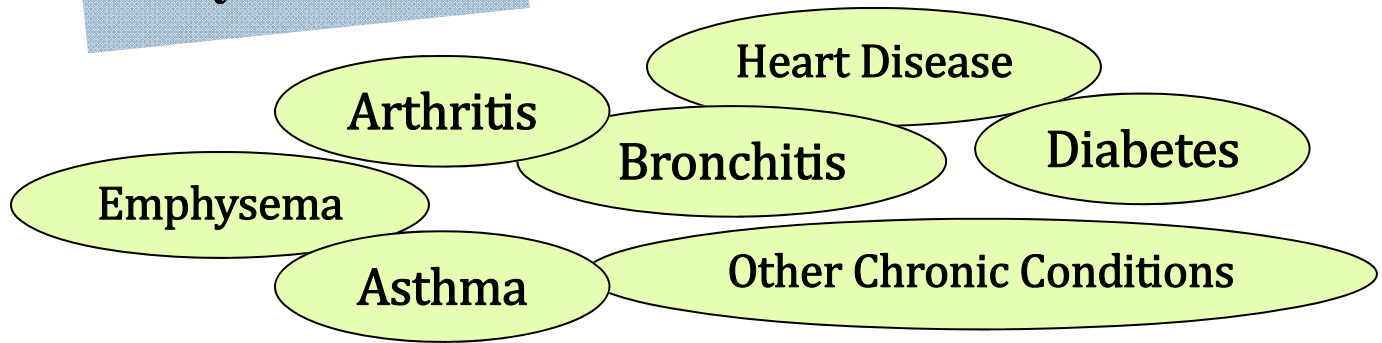


Do you have?



Living Healthy Program

Learning Self-Management Skills for Chronic Illnesses

Learn How To:

- Work with your healthcare team
 - Set weekly goal
 - Manage symptoms
- Learn medication “how-to’s”
 - Eat well
- Communicate better with friends and family
 - Handle difficult emotions
 - Exercise safe and easily
 - Solve problems
 - Relax

This six-week, 2.5 hours once a week program builds confidence for managing chronic health issues, staying active and enjoying life!

Class Size is Limited (16 Seniors MAX (age 60+)) **Pre-Registration is required**—Sign up today!
First six-week program begins:

Date: Wednesdays 6/12/19 - 7/17/19 10:00am to 12:30pm

Ali Cultural Center, 353 Martin Luther King Blvd.

Pompano Beach, FL 33060

To Register Please contact Linda Houston Jones (954) 943-4903

