



## My Life, My Health

Sign Up Today for **Free** Six Week Workshop!

Sponsored By  
Tri-Valley, Inc. and taught by 2 trained leaders.

September 14-October 19 2017

Thursdays 1-3:30

Crown and Eagle  
Uxbridge, MA

For More Information or To Register

Call Rick Paul 508-278-5409 or see him in the  
RSC Office.

The 6 week Workshop is limited to 12 residents.  
Snacks are provided.

My Life My Health – the Stanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition like:

Arthritis   Cancer   Chronic Back Pain   Diabetes   High Blood Pressure   Parkinson's Disease  
Asthma   COPD   Chronic Fatigue Syndrome   Fibromyalgia   Heart Disease   Stroke...*and more*

Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

### *Learn to*

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level



Elder Services of the Merrimack Valley, Inc.

*Choices for a life-long journey*

The Power to Redefine Aging.



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