



## My Life, My Health

Sign Up Today for **Free** Six Week Workshop!  
Sponsored by Tri-Valley, Inc.

Thursdays September 26<sup>th</sup> through October 31<sup>st</sup>

1:00pm - 3:30pm

Pearle L. Crawford Library

40 Schofield Avenue

Dudley, MA 01571

(508)949-8021

\*\*Refreshments will be provided

### For More Info or To Register

Please call Jenna at 508-949-6640 x3033 OR

Register online at <https://www.crawfordlibrary.org/>

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