



My Life, My Health

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

Sponsored by Tri-Valley, Inc.

**Virtual Workshops:
Wednesdays, Sept. 23, 2020 through Nov. 4, 2020**

Sept. 23 session: 1:00 - 1:45 pm (review of virtual platform)
Sept. 30 - Nov. 4 sessions: 1:00 - 3:30 p.m.

For More Info or to Register
Please call Sue at 508-949-6640, ext. 3088 or
Muriel at 508-949-6640, ext. 3388

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