



My Life, My Health

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

Sponsored by
Tri-Valley Inc.

Fridays, February 10th - March 17th
9:30 AM - 12:00PM
Blackstone Senior Center
15 St. Paul St. Blackstone, MA 01504

For more information or to register
call Gina 508-949-6640 ext 3339,
gmetras@tves.org
www.healthyliving4me.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

AgeSpan
Choices for Life's Journey

