



My Life, My Health

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

Sponsored by
Tri-Valley Inc.

Mondays September 11th - October 23rd
(No class on October 9th)

12:30- 3:00 PM

Oxford Senior Center

323 Main St. Oxford MA 01540

This class is for individuals living with a Chronic disease or Individuals who are caring for someone with a Chronic Disease.

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

