



## My Life, My Health

Sponsored by  
Tri-Valley Inc.

Leader Training  
September 27<sup>th</sup>, 28<sup>th</sup> & October 4<sup>th</sup>, 5<sup>th</sup>

9:00-4:00

Tri-Valley Inc  
10 Mill St. Dudley, MA

\*Lunch will be provided\*

For more information or to register

call Gina Metras  
508-949-6640 ext. 3339  
gmetras@tves.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

