



Living with a Chronic Condition or caring for someone with a Chronic Condition including Diabetes, Arthritis, Anxiety, COPD, Heart Disease, Sleep Disorders, High Blood Pressure or Chronic Pain?

Learn valuable skills to help you manage your wellness.

Healthy Living UP 2 Me

A Stanford University Chronic Disease Self-Management Program

For Information or to organize a workshop in your community...

Contact:
Ellen Grossman
Nevada Senior Services
(702) 333-1546

Registration limited to 20 people



Learn How to....

- **RELAX...**
- COPE with Pain, Fatigue, Stress & Depression
- **Explore Healthy Eating**
- Set Weekly Goals You Can Achieve
- **Incorporate Exercise**
- Understand Medications
- **Get Good Sleep**
- Communicate with Family, Friends and Doctors, etc..

It's FREE!

Attend Six, 2-1/2 Hour Weekly Workshops and you are on your way to a Happier, Healthier Life!

For Nevada workshop schedule:
nvhealthyliving.org



nevadaseniorservices.org

Nevada Department of Health and Human Services
Aging & Disability Services Division