

MY HEALTH, MY LIFE:

A guide to wellbeing



A six-week program to help you improve your health.

Learn about

- Medication Usage
- How to manage pain and other symptoms
- How to deal with fatigue and increase your energy level
- Healthy eating
- Practical and easy exercise techniques
- Dealing with difficult emotions and depression
- Making informed treatment decisions

My Health, My Life, is designed to help individuals who suffer from chronic illness learn simple techniques on how to live a healthy life by managing their symptoms.

Who should attend?

People living with: arthritis, diabetes, asthma, depression, obesity, heart disease, pain or any other chronic illness. You don't need to have a chronic illness to attend the class—caregivers and family support persons are also welcome. Classes are 2-1/2 hours each, once a week for six weeks.

To register for classes or for more information, please call Lily Gonzalez at 509-574-5956.



Classes are FREE OF CHARGE and are offered in English and Spanish!