

*Take Charge of your Health with*



## Living Healthy Workshops

If you or someone you know has ongoing health concerns, this FREE series of evidence-based workshops are for YOU.

With This Program  
You Can:

- Learn techniques to manage symptoms like frustration, fatigue, pain and limitations
- Improve problem-solving and decision-making skills
- Start eating and exercising to improve your health
- Create an action plan for a healthier life
- Have the support of others like you!



**Location:** **Interlaken Reformed Church**  
**8315 North Main Street, Interlaken NY 14847**

**Dates:** **Wednesdays October 25,**  
**November 1,8,15,29,**  
**December 6**

**Cost:**  
**No cost; \$20 for book (optional)**

**Time:**  
**1:00 p.m.—3:30 p.m.**

**RSVP:**  
**Please call to be sure there is space**

Developed by Stanford University of Medicine to help anyone living with long-term health conditions manage their symptoms and improve their health.

**This program  
is provided for  
you at no cost!**

**Contact for more information:**

**Marylois @ 1-315-539-1765**

**Or**

**Caroline @ 1- 607-403-0063**

**Or go online at**

**<https://compass.qtacny.org/find-a-workshop>**

