



Take Charge of your Health with Living Healthy Programs



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



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: Home (using Zoom)

When: Weekly
6 Informative Sessions

Starting: in May and June



Contact Nancy to sign up today:
(315) 539-1620 or nancyamericorps@gmail.com

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!