



# 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 (by Phone)**

**When: Weekly  
6 Informative Sessions**

**Starting: in September and October**



Contact **Nancy** to sign up today:  
**(315) 539-1620** or [nancyamericorps@gmail.com](mailto: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!**