

C A L I F O R N I A

# HEALTHIER LIVING

## Living Your Best Life...

[www.cahealthierliving.org](http://www.cahealthierliving.org)



### Who Should Attend?

- Anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease)
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

### During the workshops you will learn:

- Tips to better manage your health
- Ways to control pain, stress and anxiety
- How to talk to doctors, family, and friends
- Goal-setting and problem solving
- Healthy eating and ways to keep moving

### Sign-Up Now!

**Contact: OSEC Main Office**

818-705-2345

**Dates:** Tuesday, July 2, 2019 to

Tuesday, August 6, 2019

**Times:** 1:30 – 4pm

**Location:** ONEgeneration

18255 Victory Blvd

Reseda, CA. 91335

**Visit us online at:**

[www.cahealthierliving.org](http://www.cahealthierliving.org)

*"It gave me the courage to get my life back on track..."*

- Workshop participant



