

C A L I F O R N I A **HEALTHIER LIVING**

Living Your
Best Life...

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

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

- Workshop participant



The Chronic Disease Self-Management Program Workshop
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