Healthy Living Center of Excellence
Presents
Living Healthy

If you have a chronic condition this 6-week interactive workshop developed by Stanford University will bring you and your peers together to come up with goals about living healthy to help you take charge of your life.

Find New Ways to:
• Manage symptoms including fatigue and depression
• Control pain & improve activity
• Eat Healthy & exercise safely
• Improve your communication skills
• Use medication effectively
• Solve problems, set goals and get the support you need
• Learn better ways to talk to your doctor and family about your health
• Feel better and take charge of your life!

Fridays
Jan. 6, 13, 20 & 27, Feb. 3rd & 17th 2023
10:00am-12:30pm
Our Lady Queen of Apostles Church
100 Crestwood Blvd. S, Royal Palm Beach
To Register Call:
561-798-5661 ext. 102