



You are invited to attend
“Healthy Living Workshop”

FREE 6-week self-management series developed by the experts at **Stanford University** to help you better manage your overall health and live a happier, healthier life.

Who should attend?

- Anyone with an ongoing health condition, or interested in changing their total health and wellbeing
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active and changing their patterns that sabotage mental and physical wellbeing
- Learn the latest research in eating for total health and disease prevention.



You will learn ways to:

- BETTER manage your life, health, and condition
- Reduce fatigue, anxiety, sleep loss and pain
- Communicate better with your doctors, friends and family
- Set goals and problem solve to make positive changes in life and your overall health
- Break your symptom cycle- learn the value of the brain and body connection
- Manage your medications safely and effectively

Pre-registration is required.

Call us at (760) 924-4018 to reserve your space today!

Get back to the life and activities you love!

Healthy snacks provided!

Join us

Thursday Evenings from 5:30pm-7:30pm starting

On

August 10th for a

6 week series ending September 14th, 2017

Mammoth Hospital

85 Sierra Park Rd

Mammoth Lakes Ca, 93546

METICULOUS CARE * MEMORABLE PEOPLE * MAJESTIC LOCATION