



## My Life, My Health

Sign Up Today for **Free** Six Week Workshop!

*Sponsored by Tri-Valley, Inc.*

### Virtual Workshops:

Wednesdays, Sept. 23, 2020 through Nov. 4, 2020

Sept. 23 session: 1:00 - 1:45 pm (review of virtual platform)

Sept. 30 – Nov. 4 sessions: 1:00 – 3:30 p.m.

### For More Info or to Register

Please call Sue at 508-949-6640, ext. 3088 or

Muriel at 508-949-6640, ext. 3388

My Life My Health – the Stanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition like:

Arthritis   Cancer   Chronic Back Pain   Diabetes   High Blood Pressure   Parkinson's Disease  
Asthma   COPD   Chronic Fatigue Syndrome   Fibromyalgia   Heart Disease   Stroke...*and more*



Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

### *Learn to*

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level