



My Life, My Health

A SIX-WEEK WORKSHOP OFFERED TO ADULTS OF ANY AGE WHO ARE LIVING WITH THE CHALLENGES OF ONE OR MORE PERSISTENT HEALTH CONDITIONS.

Cost: FREE

Each participant receives a copy of the book *Living a Healthy Life with Chronic Conditions* and a CD

Class Dates:

6 Wednesdays
September 24
October 1, 8, 15, 22, 29

Class Time:

1:30-4:00 p.m.

Place:

Youville House
1573 Cambridge Street
Cambridge, MA 02138

Registration Deadline:

September 22, 2008

To register or for more information, contact:

Somerville-Cambridge
Elder Services'
Age Info Department

Phone: 617-628-2601, x3151

E-mail: info@eldercare.org

Bring your caregiver!



Is *living* with a persistent health condition preventing you from *really* living?

Share what you know and learn from others who are experiencing similar challenges, which may include:

- Chronic pain
- Limited mobility
- Decreased energy
- Frustration with those limitations
- A negative impact on your social life and daily activities.

Learn strategies developed and tested by researchers that will help you:

- Set *and* meet personal goals
- Identify and try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level
- Make choices about your treatment
- Have *fun*!

The Chronic Disease Self-Management Program was developed by researchers at Stanford University Medical Center and has been proven to help people just like you. Register today! Class size is limited.

*Offered by: Somerville-Cambridge Elder Services
in cooperation with Youville House*

