FREE WORKSHOP

Healthy Living

with chronic diseases

Davis County Senior Services

Do you or someone you know suffer from chronic health concerns such as: **Heart Disease, Asthma, Arthritis, Diabetes,** etc? A six-week workshop developed by Stanford University is being offered to those that suffer from chronic conditions.

Participants meet 2½ hours once a week for six weeks. Individuals are taught to control their symptoms through:

- Communication with health providers
- Managing sleep and fatigue
- Effective problem solving
- Correct medications use
- Relaxation techniques
- Changes in diet
- Goal setting
- Exercise

When: February 5, 2008
Time: 1:00—3:30 p.m.
Location: Multipurpose Room
Address: 140 E. Center St.
Clearfield, UT 84015

Registration is required. Enrollment is closed after the second week. To register call Nicole 801-451-3515.
nharvey@daviscountyutah.gov

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