

Lincoln Memorial Congregational Church

presents

Healthier Living with Chronic Conditions



*Live Your
Best Life ...*

— A FREE COMMUNITY WORKSHOP! —

Dates

6 Thursdays
March 28 - May 2, 2019

Time

6:00 - 8:30 pm

Location

**Lincoln Memorial
Congregational Church**
4126 Arlington Avenue
Los Angeles, CA 90008

- Meets 2½ hours per week for 6 weeks
- Trained peer leaders
- Pre-registration is required
- Not a drop-in group

Space is limited!

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer

To sign up, please contact:

Stephanie Farmer
(323) 293-8535
stephaniefarmer@lincolnucc.org

Through guided discussion and goal setting, participants learn how to manage stress, eat healthier, develop an exercise program, and communicate more effectively with their healthcare team.



The Gailen and Cathy Reeves Center
For Community Empowerment



Lincoln Memorial Congregational Church

UCLA



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&
Healthy Aging

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Healthier Living

F A C T S H E E T

About *'Healthier Living'*

- **No-Cost** on-site workshops
- Meets 2½ hours per week for 6 weeks
- Trained peer-leaders (non-health care professionals)
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program created and licensed by Stanford University

Workshop Topics

- Goal-setting and problem solving
- Healthy eating and physical activity
- Talking to your doctors, friends and family about your health
- How to manage your medications
- How to relax
- Learning how to control emotions

The Benefits of *'Healthier Living'*

- Helps you feel well and be well
- Become more active
- Better relationships with health care providers
- Helps to control pain
- Gives you more energy
- Helps you to sleep better

To Register:

**Contact Stephanie Farmer
(323) 293-8535**

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults