

**Lincoln Memorial
Congregational Church**
presents

**Healthier Living with
Chronic Conditions**



*Live Your
Best Life ...*

Dates:

6 Tuesdays

March 17 - April 21, 2020

6:00 - 8:00 pm

Location:

**4126 Arlington Avenue
Los Angeles 90008**

To sign up, please contact:

Stephanie Farmer

(323) 293-8535

stephaniefarmer@lincolnucc.org



The Gailen and Cathy Reeves Center
For Community Empowerment



KAISER PERMANENTE®



**A FREE COMMUNITY
WORKSHOP!**

Space Limited!

You must attend one of the first two sessions to secure your place in the group.

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

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

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.

WISE
Healthy Aging

www.wiseandhealthyaging.org

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Living Well

F A C T S H E E T

About *'Living Well'*

- **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 the Self Management Resource Center

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:

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WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults