

# Healthier Living

## Managing Ongoing Health Conditions

Living with an ongoing health condition such as diabetes, obesity, arthritis, or anxiety doesn't mean you have to be ruled by it. This six week interactive workshop can help you:

- Accomplish habit changing behaviors
- Maintain or increase life's activities
- Communicate effectively with family, friends and health professionals
- Learn coping strategies to deal with frustration, fatigue, pain and isolation

**Tuesdays, Oct 11 – Nov 15, 10:00am-12:30pm**

Lavell Village, 165 Lavell Circle, Santa Rosa

**Wednesdays, Oct 12 – Nov 16, 10:00am-12:30pm**

Silvercrest Apartments, 1050 3<sup>rd</sup> Street, Santa Rosa

**Tuesdays, Oct 25 – Nov 29, 1:00pm-3:30pm**

PEP Housing, 575 Vallejo Street, Petaluma

**Thursdays, Nov 3 – Dec 15 1:30pm-4:00pm, (skip Nov 24)**

Burbank Heights, 7777 Bodega Ave., Sebastopol

**Call now to register**

**707.575.6043**

Program developed by Stanford University and funded by California Department of Aging, Sonoma County Area Agency on Aging and Partners in Care.

## North Bay's premier health education and wellness center

Center for Well-Being assists in improving the quality of life and health of our Sonoma County Community through evidence-based preventive services and self-care classes.

Classes are offered as fee for service. Programs may be covered by your insurance. Sliding scale and scholarships available based on income.

### *Mission:*

Empowering people with the knowledge, skills and spirit to take responsibility for individual, family and the community health.

**well-being**

n: a state of physical, emotional and spiritual health

For a wide range of prevention and wellness programs, call or visit our website:

[norcalwellbeing.org](http://norcalwellbeing.org)



n o r t h e r n c a l i f o r n i a  
**Center for Well-Being**

HEALTH EDUCATION AND WELLNESS CENTER

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