

Living Well...

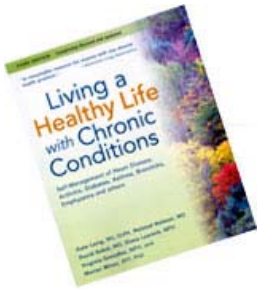


Are you, or a loved one, living with a chronic condition like *asthma, arthritis, cancer, heart problems, diabetes or stroke?*

Let's change that!

Learn to take control of your health!

- Deal with depression
- Eat more nutritiously
- Control pain
- Fight fatigue and frustration
- Solve problems
- Manage stress and relax
- Communicate with health care providers



Attend the workshops and receive a *FREE* copy of "Living a Healthy Life with Chronic Conditions"
15 person maximum per course

Here is what people say about Living Well:

*"It was like magic. It changed my life."
"I have so much more energy"
"I got ideas for managing my arthritis pain that always work!"*



Call Melanie Shefchik at (845) 364-3786 for more information or to sign up to take this course the next time it is offered. Courses are scheduled based on demand.

Stanford University developed this program. These workshops are brought to you by the New York State Department of Health in collaboration with the Rockland County Department of Health.

Dr. Joan Facelle
Rockland County Commissioner of Health



C. Scott Vanderhoef
Rockland County Executive