



Improve the quality of your life with a

Healthier Living Telephone Support Group

FREE Lifestyle Makeover!

- A free 6-week series held once a week for 30 minutes
- For adults with on-going health conditions (arthritis, heart disease, diabetes, chronic pain, obesity, lung disease, cancer, etc.)
- Acquire new tools to deal with chronic conditions
- Develop an action plan to accomplish goals

LOCATION: Call in from wherever you are!

All you need to participate is a phone.

DATES: TBD

TIME: TBD

TO RESERVE YOUR PLACE: (707) 456-9676



A PROGRAM OF THE FRANK R. HOWARD FOUNDATION

Suzanne Picetti-Johnson
GROUP LEADER

2020 CDSMP Telephone Workshop

Feel Better
—
Strategies to reduce pain, fatigue, anxiety & sleep loss
—
Goal-setting & problem solving
—
Improve communication skills
—
Healthy eating & physical activity

SPACE IS LIMITED!
**CALL ATW
TO RESERVE
YOUR PLACE**
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