



MY LIFE MY HEALTH

A SIX WEEK WORKSHOP OFFERED TO ADULTS LIVING WITH
THE CHALLENGES OF ONE OR MORE PERSISTENT HEALTH
CONDITIONS

Is Living With a Persistent Health Condition Preventing You from Really Living?

**Share what you know and learn from others who are
experiencing similar challenges such as:**

- Chronic pain
- Limited mobility
- Decreased energy
- Frustration with limitations
- A negative impact on your social life and daily activities

**Learn strategies developed and tested by researchers that
will help you:**

- Set and meet personal goals
- Identify and try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level
- Make choices about your treatment

Program Location: Norwood Hospital

Abraham Sieracki Conference Room
800 Washington Street, Norwood, MA 02062

Class presented by HESSCO Elder Services •
www.hessco.org • 781-784-4944



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MetroWest Community Health Care Foundation. This Chronic
Disease Self Management Program was developed by Stanford
University Medical Center.

***This Free
Class Begins:
Thursday
February 16th
1:00 – 3:30 PM***

*(Class meets
every Thursday
for 6 weeks)*

To register or for
more information,
contact:

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or

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**Transportation is
available, please
place request at
time of
registration**

Registration Deadline:
February 3, 2012