

*Take Charge of your Health with*



# Living Healthy Workshops

If you or someone you know has ongoing health concerns, this FREE series of evidence-based workshops are for YOU.

With This Program  
You Can:

- Learn techniques to manage symptoms like frustration, fatigue, pain and limitations
- Improve problem-solving and decision-making skills
- Start eating and exercising to improve your health
- Create an action plan for a healthier life
- Have the support of others like you!



## Location:

**Newark High Rise Apartment Building**  
**200 Miller Street**  
**Newark, NY 14513**

## Dates:

**Thursdays~ August 4-September 8, 2016**

## Cost:

**No cost; \$20 for book (optional)**

## Time:

**5:30 pm-8:00 pm**

## RSVP:

**Please register by July 31st, 2016**

**Contact Lisa to register:**

315-946-5624

Or go online at

<https://ceacw.org> and 'Find a Workshop' tab

Developed by Stanford University of Medicine to help anyone living with long-term health conditions manage their symptoms and improve their health.

**This program is provided for you at no cost!**