



**FREE**

# HEALTHIER LIVING CLASSES

**LOCATION: UKIAH SENIOR CENTER (ANY AGE WELCOME)**

**499 LESLIE STREET, USC ADMINISTRATION BUILDING**

**SEPTEMBER 1 – OCTOBER 13, 2015**

**NO CLASS ON 9/15**

**1 PM - 3:30 PM**

**(TUESDAYS FOR 6 – WEEKS)**

For people with chronic health conditions – or for the people who live with, love, are friends with, and otherwise support people with chronic health conditions.

The class is designed as a series of informative, fun and interactive discussions and exercises on eating well, sleeping soundly, exercising safely, and dealing with pain and fatigue; on effective communication, pain management, and on goal setting, among many other topics.

People who have participated in this program have reported significant improvements in their quality of life, greater ease when exercising, better ability to communicate with their physicians and family members, and overall improvements in general health. They also spent fewer days at doctors' offices and in hospitals.

**Pre-registration required:** Co-Leaders - Charlie Seltzer @ 707-972-3191 or

Susan Era @ 707-671-5939. Questions? Call Charlie or Susan

(Thank you to RCHDC for meeting space and Ukiah Senior Center for promotion)

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