Springwell's

HEALTHY living workshops

MY LIFE, MY HEALTH (Chronic Disease Self-Management)

GODDARD HOUSE® IN BROOKLINE

Are you living with a chronic health condition, or caring for someone who is, and seeking strategies to live a fuller, healthier life?

Come to the My Life, My Health info-session with instructors about the free, upcoming class at Goddard House

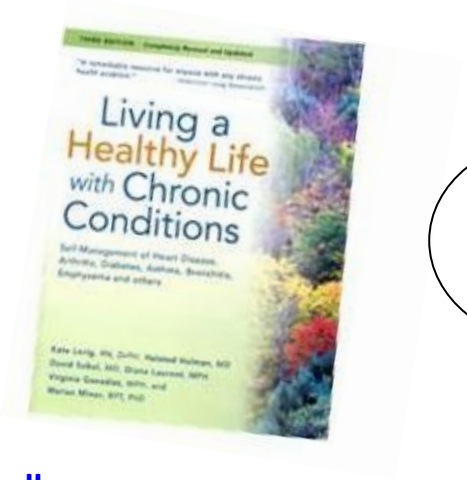
Thursday, March 7, 2013 from 3:30 – 4:30 p.m.

Enroll in the My Life, My Health six-week class
Six Tuesdays, March 19 - April 23, 2013, from 11:30 a.m. - 2:00 p.m.

To register for info session and/or 6-week class call Melody Bushmich at 617-731-8500 ext. 152 or email mbushmich@goddardhouse.org

FREE

Both programs held at
Goddard House in Brookline
165 Chestnut Street
Brookline, MA, 02445



FREE

Free on-site parking. Directions available at www.goddardhouse.org

The class was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Participants learn techniques to help take control of their health and life over the six weeks.

- ***Living a Healthy Life with Chronic Conditions*** - Each participant receives a copy of the book
- **Complimentary lunch** provided by Goddard House in Brookline
- **Highly interactive small classes** allow for ample time to discuss concerns
- **Create personal action plans** around healthy eating and exercise, how to deal with difficult emotions, stress, depression and pain, relaxation techniques, fall prevention, medications management and the importance of sleep
- **Improve communication and decision making** with health care providers, family and friends
- **Enroll Now** as registration is limited

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