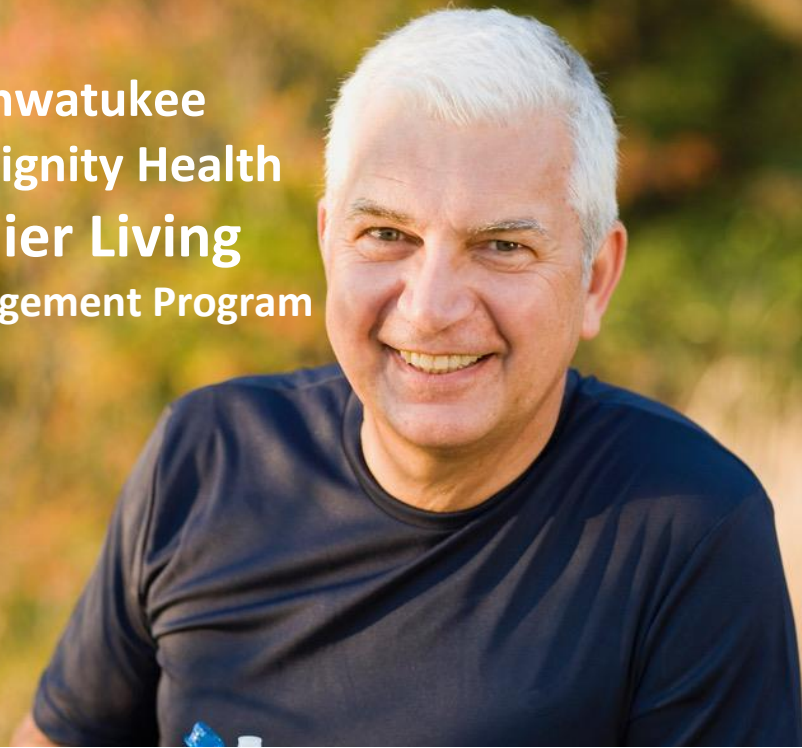


**Generations at Ahwatukee
In Partnership with Dignity Health
Presents: Healthier Living
Chronic Disease Self-Management Program**



Take Control of Your Chronic Condition and Get Your Life Back!

FREE 7-Week Workshop Series for Adults with COPD, Diabetes, High Blood Pressure, OR ANY other Chronic Health Condition. Also appropriate for caregivers and/or family members and ANYONE interested in improving their overall health and well-being.

Managing a chronic Condition can be complex and sometimes frustrating. Let us help!
Healthier Living is a workshop designed to **EMPOWER** you to become an active self-manager.
We give you the tools you need to improve your health and quality of life.

What you can expect to learn:

- Exercise and nutrition
- Relaxation techniques
- Medication usage
- Pain/fatigue management
- Dealing with negative emotions
- Restful sleeping techniques
- Making informed decisions
- Improving communications
- Decision making
- Managing symptoms
- Setting weekly goals
- Better breathing

Healthier Living Workshop Coming to Generations at Ahwatukee!

15815 S 50th St, Phoenix, AZ 85048

7 Tuesdays, October 3, 2017 – November 14, 2017 from 12:30PM – 3:00PM

**To REGISTER for this FREE workshop visit Generations at Ahwatukee,
15815 S. 50th St., Phoenix, AZ, 85048 OR Call 480-485-3000**

For more information call 480-728-2376 / email HealthierLiving-CRMC@dignityhealth.org

Sessions are 2.5 hours each, and meet once per week. The first week, October 3rd, is an hour long **“Session Zero”** where you learn about the program, get to know each other, and fill out paperwork.

Class size is 10 – 18 participants. Minimum 10 participants required.

Light refreshments will be served and all participants who complete the series receive:

- Certification of Completion
- “Living a Healthy Life with Chronic Conditions” book