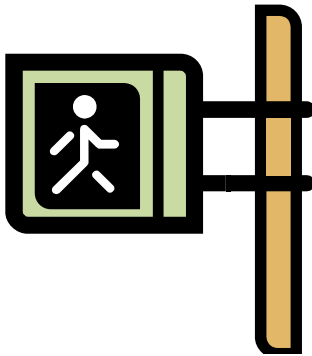


Living with Chronic Health Problems?

Are you or a loved one living with arthritis, cancer, heart problems, diabetes, asthma or other chronic diseases? This workshop shows you how to take small steps toward healthier living and managing day-to-day activities.



Learn how to take control of your health!

Manage medications
Deal with depression
Eat healthier
Control pain
Set and meet your goals

Control fatigue
Start & keep exercising
Manage stress
Become a problem solver
Improve communication

Next Class Starts: Thursday, February 16, 2012



Oregon State University Extension Service
3328 Vandenberg Road, Klamath Falls

10-12:30 on Thursdays February 16, 23, March 1, 8, 15, 22
Workshop taught by trained volunteers

Registration required. Enrollment limited. Cost \$15. Scholarships upon request.
Reimbursement available for members of Pacific Source Health Plans.

For more information:

541-883-7131 or e-mail: patty.case@oregonstate.edu

Website: <http://www.oregon.gov/DHS/ph/livingwell/index.shtml>

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