

My Life, My Health...

Free! Sign Up Today!

Meets Wednesdays, for 6 weeks
Sept 21 – Oct 26 ~ 9:30 am - 12:00 pm

Saints Medical Center
One Hospital Dr., Lowell MA 01852

To Register - Call Lauren: 978-946-1253

My Life, My Health is for anyone living with an on-going medical condition, and caregivers, such as:

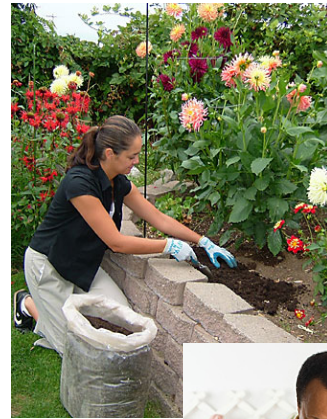
- | | |
|--------------------------|-------------------|
| Arthritis | Asthma |
| Cancer | Chronic Back Pain |
| Chronic Fatigue Syndrome | Diabetes |
| Fibromyalgia | Heart Disease |
| High Blood Pressure | COPD |
| Parkinson's Disease | Stroke...and more |

Chronic disease, pain and discomfort can limit many of the activities you enjoy. Manage your chronic disease with group support. Join the *My Life, My Health* workshop and start to live again!

Learn to:

- Eat well
- Control your pain
- Start an exercise program
- Deal with fatigue and frustration
- Handle stress and relax
- Increase your energy level
- Solve problems and meet personal goals
- Communicate effectively with your health care providers

Funding for the Chronic Disease Self-Management Program, developed by Stanford University, was provided by the American Recovery and Reinvestment Act. It is offered through collaboration between the Massachusetts Department of Public Health and the Executive Office of Elder Affairs.



*Enjoy
Gardening &
Cooking*



*Start an
Exercise
Program*



*Handle
stress, relax
and have
fun*

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

Saints
Medical Center