



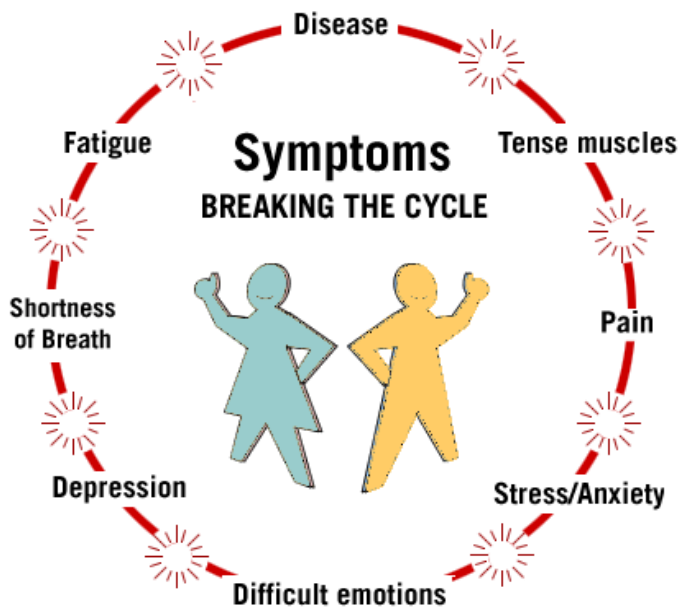
Healthier Living

Managing On-Going Health Conditions



FREE 6-week workshop series developed by

Do you have:



TAKE CONTROL OF YOUR HEALTH

Learn how to:

- Get a good night's sleep
- Improve nutrition & physical activity
- Manage pain, stress & fatigue
- Work more effectively with health providers
- Feel better & reduce healthcare costs



6 Saturdays in the Park

9:30 am – 12 noon

February 7, 14, 21, 28 & March 7, 14, 2015

Park Station Community Room
1899 Waller St. at Stanyan, east end of Golden Gate Park
Muni #33-Stanyan, #37-Corbett, #43-Masonic, #71-Haight/Noriega, N-Judah

Free refreshments & gifts, certificates upon completion

RSVP to Carmen Lee, 415.550.2257 or carmenlee@onlok.org

Co-sponsored by San Francisco Department of Aging and Adult Services & 30th Street Senior Center/On Lok, Inc.