



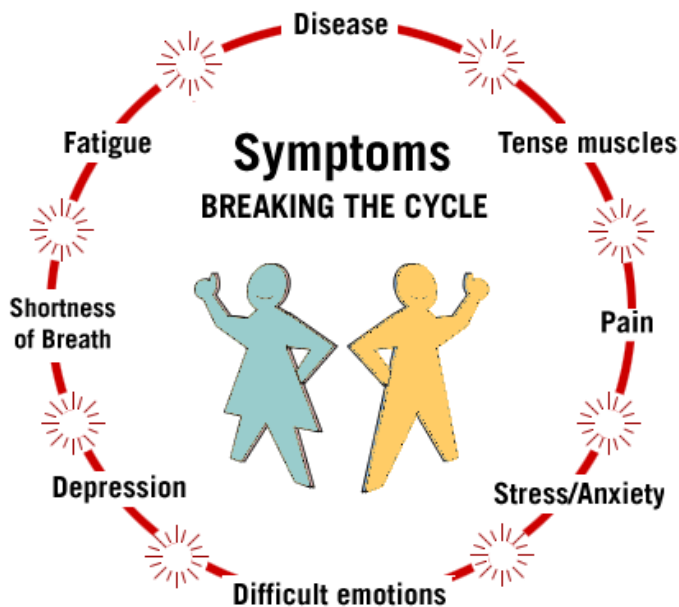
Healthier Living

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

Fridays, 9 – 11:30 am

February 13, 20, 27 & March 6, 13, 20, 2015



Boeddeker Park, 246 Eddy at Jones

Muni #5/5L-Fulton, #6-Parnassus, #9-San Bruno, #21-Hayes,
#27-Bryant, #31-Balboa, #38-Geary, #71-Haight/Noriega,
F-Market & Wharves

Free refreshments & gifts, certificates upon completion

RSVP to Gloria Garcia, 415.292.2316, ggarcia@ymcasf.org

For more information, contact 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.