

Are You in Control of Your Health?

If you...

- ◆ Are an **adult with a health condition** like diabetes, high blood pressure, chronic pain, etc., **and**
- ◆ Go to the **emergency room often, or**
- ◆ **Don't feel confident** in managing your health

Would you like to...

- ◆ Be able to **set goals and solve problems** related to your health?
- ◆ **Feel better** and have more energy?
- ◆ Have **better control** of your health (lower blood sugar or blood pressure, etc.)?

Then join us for a **FREE** program to **improve your health!**

Disease Self-Management Workshops are :

- ◆ 6 weekly classes, about 2 hours each
- ◆ Interactive, fun, and effective
- ◆ Offered in many languages

Space is limited! Call us now!



To Register:

Call the

Office on Aging at

800-510-2020

or visit

cahealthierliving.org/orange