

LIVING HEALTHY TOMPKINS

Chronic pain

Depression

High Blood Pressure/Hypertension

Breathing difficulties

Diabetes



*Six weeks to a healthier life
for those with any
chronic health condition*

*Control your chronic illness ...
Don't let it control you!*

YOU'LL LEARN TO:

- √ Set goals you can reach
- √ Manage pain
- √ Choose healthy foods
- √ Exercise effectively
- √ Fight fatigue

Thursdays 9:30 am-12 Noon

Oct. 10 — Nov. 14, 2013

St. John's Episcopal Church

210 N Cayuga St.

Ithaca

At Buffalo Street, across from DeWitt Park

A program developed at Stanford University to help anyone living with ongoing health conditions such as arthritis, diabetes, multiple sclerosis, heart disease, chronic pain, cancer, depression, breathing problems, Parkinson's disease, back problems.



Coordinated locally by:
Human Services Coalition
of Tompkins Co.
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