



# MY LIFE MY HEALTH

A six week workshop for adults living with the challenges of one or more health conditions.

## Is Living With A Persistent Health Condition Preventing You From Really Living?

Share what you know and learn from others who are experiencing similar challenges such as:

- Chronic pain
- Limited mobility
- Decreased energy
- Frustration with limitations
- A negative impact on social life and daily activities

Learn strategies developed and tested by researchers that will help you:

- Set and meet personal goals
- Try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level & Have Fun!

### NEXT WORKSHOP

Tuesdays, 10:00 a.m.—12:30 p.m.  
**June 7th to July 12, 2011**  
at Temple Reyim  
1860 Washington Street  
Newton, MA

### INFORMATION SESSION:

Tuesday, May 31st,  
from 10:00 a.m.—11:00 a.m.  
@Temple Reyim

To learn more about the Workshop  
or to register attend  
call Newton-Wellesley Hospital  
Wellness Center  
617-243-6221

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FOUNDATION



The Chronic Disease Self Management Program was developed by Stanford University Medical Center and has been proven to help people just like you!



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