

# HEALTHIER LIVING: MANAGING YOUR ONGOING CHRONIC HEALTH CONDITIONS

**WHERE:** Ongoing classes in Boulder, Lyons, Nederland, Louisville, Lafayette

**WHEN:** 6-WEEK COURSE

**COST:** NO FEES! Donations are gratefully accepted. Participants will receive a supplemental course book and relaxation CD for course completion



Stanford University's *"Healthier Living: Managing Your Chronic Health Conditions"* teaches participants techniques to deal with problems related to chronic health conditions such as fighting fatigue, dealing with depression, controlling pain, learning exercises to build and improve strength, appropriate use of medications, effective communications with family and health professionals, and how to evaluate new treatments.

## UPCOMING CLASS SCHEDULE:

City	Location	Info Session	Workshop Dates	Class Time
Boulder	Frasier Meadow	Sept. 1 at 2:00	Sept. 8 to Oct. 13	2:00-4:30pm
Boulder	Boulder Comm. Hospital	Call for info	Oct. 15 to Nov. 19	3:00-5:30pm
Erie	Erie Comm. Room	Mar. 24 at 2:00	April 7 to May 12	2:00-4:30pm

**Class size is limited to 15 people. Pre-Registration required.**

TO REGISTER OR FOR MORE INFORMATION CONTACT  
**BOULDER COUNTY AGING SERVICES AT 303-441-3599**

Email: [mjohnson@bouldercounty.org](mailto:mjohnson@bouldercounty.org)



Consortium for Older Adult Wellness



Colorado Department of Human Services  
 people who help people



The Colorado Health Foundation