

Put Life Back In Your Life!



HEALTHIER LIVING:

Managing Ongoing Health Conditions

Participant Testimonials

"Because I have been afflicted with Parkinson's for over 20 years, I have suffered a great deal of depression. The skills you've taught me in maintaining positive thinking and combating depression have really helped to improve my condition." - John, age 69

"I found the interaction with the other students in the class to be most enlightening. I realized that although I have a chronic illness I am not alone. Thank you for all the lessons in helping me to deal with this." - Suzanne, age 57

"I feel very fortunate to be able to take this class. I especially enjoyed the student dialogue which took place between us, since we all seem to share common situations because of our chronic illness or disease." - Alice, age 59

"The workshop put me back in charge of my life, and I feel great. I only wish I had done this sooner." - Robert, age 68

"Thank you so much for the class. Everything I learned will most definitely help me deal with things from this point on; you have made a big difference in my life." - George, age 62

"It is a great class. I would recommend it to anyone. I plan to tell my doctor about this class and hopefully she will recommend it to more of her patients. Thank you." - Lourdes, age 66



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