Feel Better Take Control of Your Health Take Control of Your Life



To find a workshop in your area, please contact:

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## www.picf.org

Healthier Living is an award-winning program developed by Stanford University in partnership with Kaiser Permanente.

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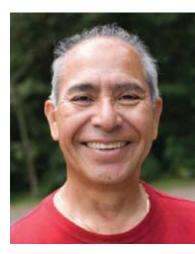
Are You Ready For Healthier Living? If you have health problems such as diabetes, arthritis, high blood pressure, or other chronic conditions, the *Healthier Living* workshop can help you take control of your life.

By participating in a six-session workshop you will learn ways to:

- Manage your symptoms
- Communicate better with your doctor, family members and friends
- Lessen your frustration
- Fight fatigue and pain
- Build confidence
- Make daily living easier
- Manage stress and learn to relax and ...

Get more out of life!





"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."