



# 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