



Improve the quality of your life with a

Healthier Living Workshop

Willits

STARTS: Tuesday, Sept. 10, 1:00- 3:30 PM

MEETING AT: Frank R. Howard Foundation

3 Marcela Dr., Ste. A (Lamprich Center, north of hospital)

FREE Lifestyle Makeover!

- A free 6 week series of classes held once a week for 2.5 hours
- For adults with on-going health conditions (arthritis, heart disease, diabetes, chronic pain, etc.)
- For caregivers, family members, or friends of someone with a chronic condition
- For practicing new tools in a helpful and supportive group
- For learning ways to maintain your independence



*Willits Leaders
Suzanne Picetti & Susanna Wilson*

A PROGRAM OF THE FRANK R. HOWARD FOUNDATION

2019 CDSM.Lay Red Wil 2018

Feel Better

—
Strategies to
reduce pain,
fatigue, anxiety
& sleep loss

—
Goal-setting &
problem solving

—
Tips to better
manage your
health

—
Healthy eating
& physical
activity

SPACE IS LIMITED!

**CALL ATW
TO RESERVE
YOUR PLACE
(707) 456-9676**

