

# Knowledge is Power

Tired of being tired, anxious, or in pain? Unsure about how to best handle an ongoing health condition? Try something new. Join the self-management workshop and discover fresh, easier ways to live better and healthier. FREE Workshop. Each participant in the workshop receives a FREE copy of the companion book, *Living a Healthy Life with Chronic Conditions*, 4th Edition, and Relaxation CD.

## Active Aging Meadville

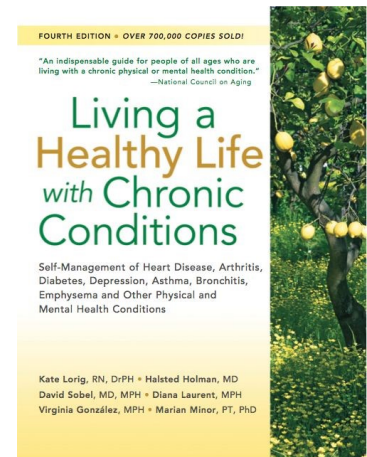
1034 Park Avenue  
Meadville, PA

Fridays, February 7—March 13

From 1—3:30 p.m.

Please call Ashley at 814-336-1792 ext. 106  
to register

Minimum 10; Maximum 18 Participants



We invite you to learn:

- Techniques to deal with problems such as frustration, fatigue, and pain
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition

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**L|E|C|O|M** HEALTH  
CENTER FOR HEALTH AND AGING