

# Knowledge is Power

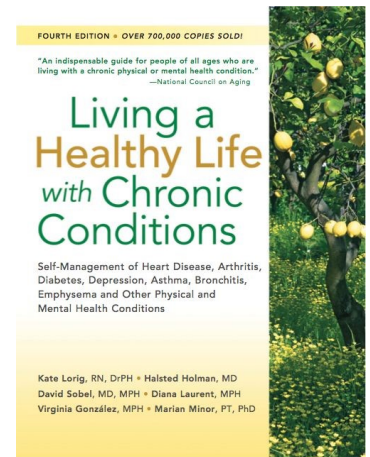
Tired of being tired, anxious, or in pain? Unsure about how to best handle an ongoing health condition? Try something new. Join the self-management workshop and discover fresh, easier ways to live better and healthier. FREE Workshop. Each participant in the workshop receives a FREE copy of the companion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

**Grandview Manor**  
**4219 Davison Ave**  
**Erie, PA 16504**

**Wednesdays, March 11—April 13**  
**from 1:00—3:30 pm**

**Sign up to register or call 453-5072 x. 102 to**  
**speak with Amy.**

**Minimum 10; Maximum 18 Participants**



- 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

This project was supported, in part by grant number 90CSSG0023-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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