

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.

LECOM Center for Health and Aging

3910 Schaper Avenue

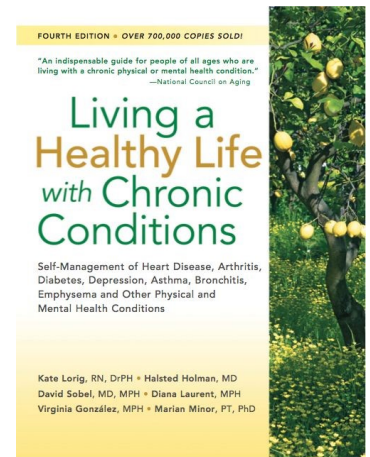
Erie, PA 16508

Thursdays, March 26—April 30

from 5—7:30 pm

To RSVP please call Amy at 453-5072 Ext. 102

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.

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