

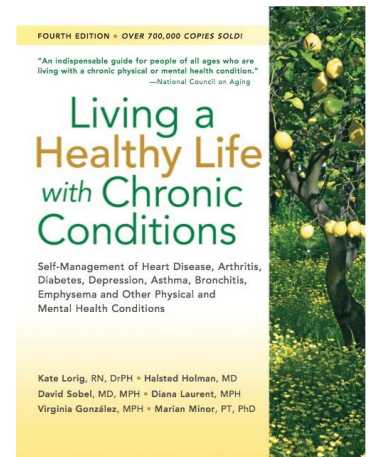
Knowledge is Power

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.

**UPMC Sterling Square
Building C Suite #211
3330 Peach Street
Erie, PA 16509**

**Wednesdays, March 18—April 22
from 1:00—3:30 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

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