



Healthier Living

Managing Ongoing Health Conditions

Developed at Stanford University, the Healthier Living program provides education and skills for those living with various chronic health conditions.

During the program you will learn to:

- Better manage your health condition and lessen its impact on your life
- Reduce fatigue, anxiety, sleep loss and pain
- Communicate better with your doctors, friends and family
- Set realistic goals and problem solve to make positive changes

Attend this **FREE** Healthier Living program sponsored by Dignity Health and get the support you need. Program is held once a week for 6 weeks. Program is facilitated by two trained peer leaders.

Sacramento Native American Health Center

2020 J Street, Sacramento (**Sequoia Rm**, 2nd Floor in Clinic)

Mondays - July 25, August 1, 8, 15, 22, & 29, 2016

(10:00am - 12:30pm)

To register, call Jessica at 916-341-0576 ext. 2229 or
email: Jessica.Meredith@snahc.org

Healthy Lunch will be provided by SNAHC