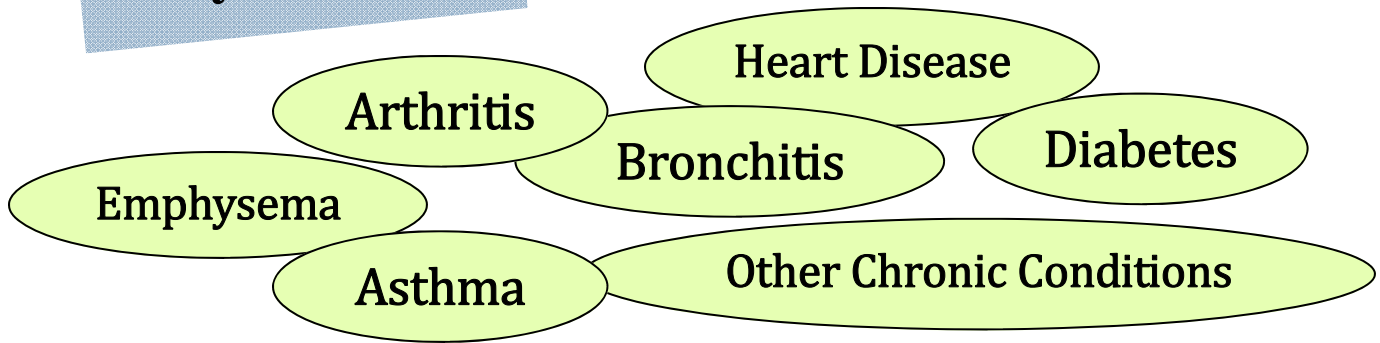


**Do you have?**



# Living Healthy Program

Learning Self-Management Skills for Chronic Illnesses

## Learn How To:

- Work with your healthcare team
  - Set weekly goal
  - Manage symptoms
- Learn medication “how-to’s”
  - Eat well
- Communicate better with friends and family
  - Handle difficult emotions
  - Exercise safe and easily
  - Solve problems
  - Relax

This six-week, 2.5 hours once a week program builds confidence for managing chronic health issues, staying active and enjoying life!

Class Size is Limited (16 Seniors MAX (age 60+)) **Pre-Registration is required—Sign up today!**  
First six-week program begins:

**Date:** Wednesdays 2/6/19 - 3/13/19 10:30am to 1:00pm

**Pompano Beach Library, 50 W Atlantic Blvd. Pompano Beach, FL 33060**

**To Register Please contact Mona Sadek: [msadek@broward.org](mailto:msadek@broward.org) or (954) 357-7597**

