

Have a chronic condition? You don't need to stop doing the things you love.



**Managing your symptoms is the key.
We'll show you how!**

Join us for a six-week workshop designed to help you feel healthier and happier living with conditions such as arthritis, cancer, diabetes, heart disease, high cholesterol, obesity, Lupus or Parkinson's disease. You'll learn how to:



- Use your mind to manage symptoms
- Work with your health care team
- Lessen Frustration
- Relax and manage stress
- Eat healthy and exercise
- Get a good night's sleep
- Set goals and work towards them



Dates: Tuesdays, Feb. 24-Mar. 30, 2015 | 5:30-8:00 pm

The Family Health Centers-Hominy Valley

1219 Smokey Park Highway, Candler

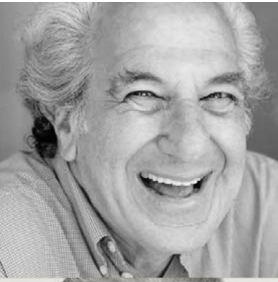
Call 258-8681 or inquire at the front desk to register

Your class reservation includes a helpful book. The recommended donation is \$30 to the Land of Sky Regional Council. Each class includes a light dinner.

Classes are presented by:

LAND of SKY
REGIONAL COUNCIL

 **THE
FAMILY HEALTH
CENTERS**
ASHEVILLE | ARDEN | HOMINY VALLEY



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What patients are saying about the workshop:



"I am proud to say that I now walk about 1 mile each day, in about 25 minutes, and have only been stopped by bad weather one time thus far. I find that I am pushing myself to complete it each day. I have met a couple of new neighbors in the process...my diabetes sugar control has improved greatly..."



"I desperately wish to become ambulatory again and able to live independently. I find that I am progressing amazingly with the help of your course. I am now exercising and moving about the community using only my cane... Thank you for providing me with the course and the leaders to help along the way!"



"This workshop has taught me techniques for managing my high blood pressure, arthritis and diabetes. I would strongly recommend this workshop to anyone suffering from depression, chronic lung disease, heart disease, high blood pressure, diabetes or arthritis"

"[this course] inspired me to practically realize my wish to regain my mobility. I get steadier everyday... The combination of the thorough and helpful book and your helping us has been a greater incentive for me than I can express to you."

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