



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVING QUALITY OF LIFE

HEALTH AND WELLNESS STONESTOWN FAMILY YMCA

HEALTHIER LIVING: MANAGING ONGOING HEALTH CONDITIONS

This program was developed by the Stanford University School of Medicine and sponsored by the San Francisco Department of Aging & Adult Services and City College of San Francisco. We're proud to bring this program to you! Healthier Living includes a series of 2.5 hour workshops presented over a 6-week period by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

Healthier Living includes workshops, appropriate behavior modifications and coping strategies to enable you to manage your chronic disease and medications and increase physical activity levels. The program focuses on providing mutual support to build confidence in your ability to manage your health and maintain an active lifestyle.

Throughout this 6-week process you will learn to:

- Manage pain, stress and fatigue
- Be more fit and eat healthier
- Work more effectively with your doctor and healthcare professionals
- Set goals and problem solve to make positive changes in your life
- Feel better and reduce your healthcare costs

Dates: Tuesdays, beginning January 24, 2012

Duration: 6 weeks

Time: 1:00 - 3:30pm

Location: Annex - Pracht Room

Program Cost: FREE

Space is limited. Sign up at the Memberships Services Desk today!

For more information, please contact Elizabeth Bachrad, Senior Director of Health & Wellness, at ebachrad@ymcasf.org or call 415 242 7112.