Take control of your health

**Living Healthy** is a Stanford University program designed for anyone with a chronic health condition who wants to better manage his or her health.

**Living Healthy is a program designed to help you:**

- Increase endurance, strength, & flexibility
- Use medication effectively
- Manage symptoms such as pain, fatigue & depression
- Improve your communication skills
- Eat well to live well
- Solve problems and set goals
- Increase your self-confidence
- Handle stress and relax
- Feel better and take charge!

**Living Healthy provides:**

- A friendly, supportive environment
- Weekly sessions for 6 weeks
- A copy of “Living a Healthy Life with Chronic Conditions” book
- A relaxation CD and tote bag
- Light refreshments

Anyone who lives with ongoing health conditions such as diabetes, arthritis, heart and breathing problems should join this program.

**Program Dates:** March 3 - April 7, 2015  
(total of 6 sessions - must be able to attend at least 4 sessions)  
**Time:** 6:00 - 8:30PM

**Program Fee:** No cost to you, but pre-registration is required (Program valued over $100)  
**Location:** Lucile Tatum Center, Gastonia  
**Facilitators:** Pam Bryson & Linda J. Minges  
**Contact:** Pam Bryson - 704.865.3291 or pam.bryson@gastongov.com before February 20th

For accommodations for persons with disabilities, contact 704.865.3291 or pam.bryson@gastongov.com no later than 5 business days before event.

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