



Living with a Chronic Condition or caring for someone with a Chronic Condition including Diabetes, Arthritis, Anxiety, COPD, Heart Disease, Sleep Disorders, High Blood Pressure or Chronic Pain?

Learn valuable skills to help you manage your wellness.

# Healthy Living UP 2 Me

A Stanford University Chronic Disease Self-Management Program



For  
Information  
Contact:  
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Services  
(702) 333-1546  
Or  
(702) 648-3425

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Registration  
limited to 20  
people

## Learn How to....

- **RELAX...**
- **COPE** with Pain, Fatigue, Stress & Depression
- **Explore Healthy Eating**
- **Set Weekly Goals You Can Achieve**
- **Incorporate Exercise**
- **Understand Medications**
- **Get Good Sleep**
- **Communicate with Family, Friends and Doctors, etc..**

**FREE!**

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**Coming to YOUR  
Community...**

Attend Six, 2-1/2 Hour  
Weekly Workshops and  
you are on your way to a  
Happier, Healthier Life!

**FREE** Snacks  
provided every week!



Nevada Department of Health and Human Services  
Aging & Disability Services Division