

Put Life Back In Your Life



Learn new ways to help deal with issues caused by many chronic conditions

The six-session weekly workshop helps:

- Deal with depression
- Eat more nutritiously
- Control pain
- Fight fatigue and frustration
- Manage stress and relax
- Solve problems
- Communicate better with health providers and family members
- Meet personal goals
- Start an exercise program



Register now for the **Living Well 6-week workshop**

CareSource/ Mid Rogue Health Plan

Located at: 740 SE 7th Street, Grants Pass

March 10, 17, 24, 31 & April 7, 14, 2009

Tuesdays: From 1pm to 3:30pm

No Cost Registration Required Call: 864-9611

Visit our Website at www.sohealthyoregon.org

Brought to you by: Stanford University, OSU Extension Center through a partnership of local providers in collaboration with The Rogue Valley Council of Governments' Senior and Disability Services And CareSource/ Mid Rogue Health Plan

