



Healthier Living

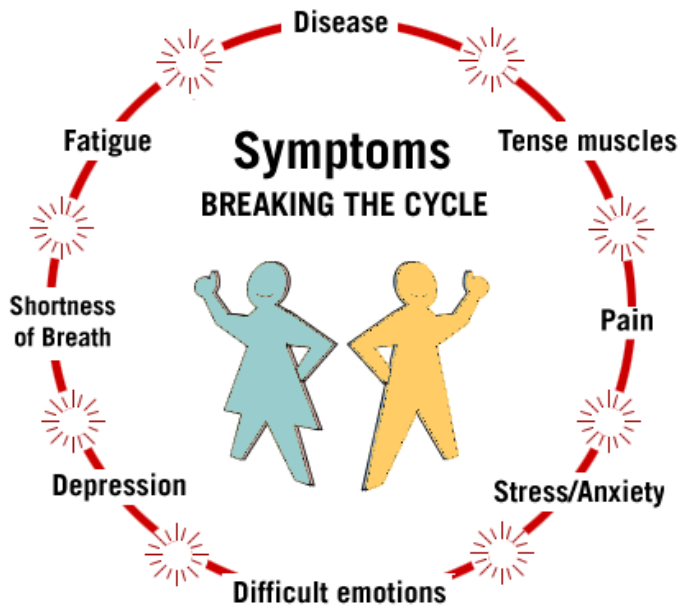
Managing On-Going Health Conditions



STANFORD
SCHOOL OF MEDICINE

FREE 6-week workshop series developed by

Do you have:



TAKE CONTROL OF YOUR HEALTH

Learn how to:

- Get a good night's sleep
- Improve nutrition & physical activity
- Manage pain, stress & fatigue
- Work more effectively with health providers
- Feel better & reduce healthcare costs

Saturdays, 9:30 am – 12 noon
June 13, 20, 27 & July 11, 18, 25, 2015

**Richmond Police Station
Community Room**

461 – 6th Ave. near Geary, SF 94118

Public Transportation: Muni #38/38R-Geary, #44-O'Shaughnessy



Refreshments provided, certificates upon completion

Space is limited – Pre-registration is required

RSVP to Carmen Lee, 415.550.2257 or carmenlee@onlok.org

Co-sponsored by San Francisco Department of Aging and Adult Services & 30th Street Senior Center/On Lok, Inc.