

# Regain the Joy in Your Life!

## If you suffer from:

- ✓ Chronic health condition
- ✓ Difficult emotions
- ✓ Tense muscles
- ✓ Pain/fatigue
- ✓ Stress/anxiety
- ✓ Depression
- ✓ Shortness of breath

## Attend a 6-session workshop to help you:

- ✓ Get the support you need
- ✓ Find practical ways to deal with pain and fatigue
- ✓ Improve nutrition and exercise choices
- ✓ Learn about treatment options
- ✓ Improve communication with your family and healthcare providers

**Better Choices,  
Better Health.**



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## Enjoy Your Life!



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