

FREE 6-WEEK CLASS

HEALTHIER LIVING

WITH CHRONIC HEALTH CONDITIONS

SURVIVE THE HOLIDAYS!

LEARN TO REDUCE HOLIDAY STRESS AND STAY HEALTHY.

SET GOALS AND STICK TO THEM!

NOV 17, 24; DEC 1, 8, 15, 2020; JAN 5, 2021

9:30 A.M. – NOON

VIA ZOOM

For more information and to register, please contact:

Susan Era @ 707-671-5939 or Charlie Seltzer @ 707-472-7640

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An SMRC Evidence-Based Self-Management Program originally developed at Stanford University.

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