# COPING: A JOURNEY TO LIVING WELL

*A six-week program to improve overall health!*

Mondays: September 13 – October 11
1:00 – 3:00 pm

Join this six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Discover new ways to break the "symptom cycle."

Living well
Take Charge of your Health

Living well means COPING with an ongoing health problem such as:

Parkinson's Disease  Heart Disease  Asthma
Cancer  Arthritis  Mild Depression
Obesity  Osteoporosis

- Learn tips on how to be your own healthcare advocate
- Gain a sense of greater self-control over your quality of life
- Identify strategies for coping with a long-term health issue
- Build confidence in establishing supportive relationships
- Improve management of your symptoms

For more information or to enroll, please contact Marilee Tollefson, Faith Community Nurse, at 301-384-4394 or marileetollefson@gmail.com