

Health & Wellness

Take Control



Living with an ongoing health problem?

Join this **FREE** six-week program to help you enjoy a healthier life!

If you live with an ongoing health problem such as:

Pre-diabetes

High Blood Pressure

Asthma

Obesity

Arthritis

Heart Disease

Chronic Pain

Cancer

The Health & Wellness Workshop is for **YOU!**

This **FREE** program provides the tools you need to take control of your health. You will learn how to manage your health on a daily basis in a fun and supportive environment.

Topics covered include:

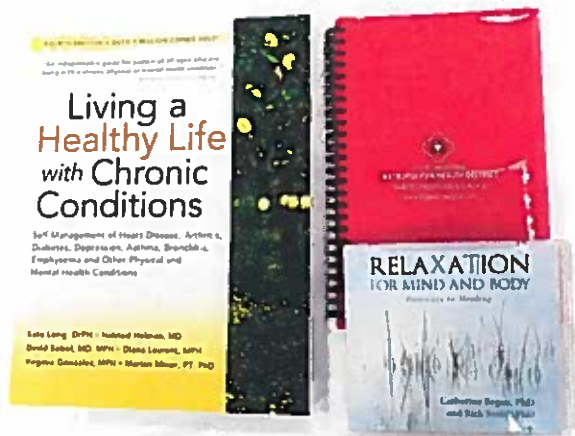
- Healthy eating
- Setting goals
- Solving problems
- Exercise for strength and energy
- Managing symptoms
- Relaxation techniques
- Working with your doctor
- Working through negative emotions

Take **CONTROL** of your health today!

To sign up or for more information, please call: **(210) 207-8802**

Workshops meet once a week for 6 weeks

Class materials include: *Living a Healthy Life with Chronic Conditions* book, relaxation CD, and journal



WHEN?

FREE Workshop begins:
Wednesday, May 30, 2018
12:00 – 2:30pm

WHERE?

Windcrest United Methodist Church
8101 Midcrown Dr
San Antonio Texas 78239

The Health & Wellness Program is an evidence-based workshop developed at Stanford University