

Healthier Living Program



This is a six-week workshop for anyone living with a chronic condition or supporting someone with a chronic condition.

Location:

Mercy Outpatient Center
Community Health, 1st Floor
2740 M Street
Merced, CA 95340

Workshop Dates and Times:

Tuesdays (9am - 11:30am)

April 16 - May 21

Saturdays (10:30am - 1pm)

April 13 - May 25

Learn how to live a healthier life with a chronic condition, such as:

- Diabetes
- Asthma
- COPD
- Arthritis
- Heart disease
- Chronic pain
- And more

There is no cost to attend, however, registration is required. To register, please contact: Lillian Sanchez-Ramos at 209.564.4310 or Lillian.Sanchez@DignityHealth.org.