

Healthier Living Workshops

This program is designed to help address chronic health problems such as Arthritis, Asthma, Cancer, chronic pain, HIV, lung disease, Depression, Diabetes, Epilepsy, Fibromyalgia, heart disease, mental health struggles, obesity, Osteoporosis, stress, stroke or any other persistent condition.

Ongoing classes, 12 sessions from January 3 - February 9
Mondays & Wednesdays from 2:00 - 3:00 p.m.

Topics include:

- Managing symptoms
- The importance of exercise and muscle relaxation
- How to successfully handle problems such as fatigue, pain and isolation
- Effective communication with family, friends, and health professionals
- Nutrition
- Managing depression
- Appropriate use of medications



This is a free Virtual Workshop via Zoom. To register or inquire about enrolling in future workshops, please email carol.hafer@commonspirit.org
Use the QR Code to visit our website to view upcoming class dates & times.