



UMPQUA COMMUNITY  
HEALTH CENTER

Live Well



Live Healthy



Live Life



Call Cindy to Register:

541-672-9596 ext. 430

Workshop & Supplies Free of  
Charge!

**Take Charge of Your Health!**

**Join us for the**

## Living Well With Chronic Conditions Workshop

*Free and open to the public!*

- Manage your pain & fight fatigue
- Set goals & solve problems
- Learn to eat well & remain active
- Communicate effectively about your condition with health care providers, family & friends
- Receive support from trained leaders
- Make new friends & **Have Fun!**

**Six Sessions Twice a Week for 3 Weeks**

**Tuesdays & Thursdays, April 11th - 27th, 2017  
2:30 - 4:30PM**

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**Umpqua Community Health Center**

**150 Kenneth Ford Drive**

**(Across from COSTCO)**

Living Well is an evidence based program developed by Stanford University Medical Center's Patient Education Dept., brought to you by  
**Umpqua Community Health Center 150 Kenneth Ford Drive Roseburg, OR 97470**