

LIFELONG LEARNING COURSE

HEALTHIER LIVING: MANAGING HEALTH CONDITIONS

*A course for lifestyle management
and healthy living!*



Developed by Stanford University, Healthier Living is designed to help people with chronic health conditions, such as diabetes and high blood pressure, manage daily challenges for a happier, healthier life.

LEARN HOW TO:

- Cope with the “blues,” frustrations, and worries
- Reduce fatigue, anxiety, and pain
- Communicate better with doctors, friends, and family
- Set goals and problem solve to make positive changes
- Maintain a healthier diet

DATE: Six Tuesdays, January 13 through February 17, 2015

TIME: 9:30 a.m.–12:00 noon

PLACE: East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave. West Covina, CA 91790

Led by friendly, trained Keiro staff and volunteers in a small, interactive group setting.

No Fee. RSVP Required.

For more information or to RSVP,
please call Kanako Fukuyama at (323) 326-7602 or email kfukuyama@keiro.org.

Since 1961, Keiro has been committed to its mission of enhancing the quality of senior life in Our Community. Over a decade ago, Keiro began offering Genki Living programs that empower individuals, families, and our community to self-manage their health and lifestyles for optimal wellness. These programs are made possible by the Keiro Endowment Fund with partial funding from the Aratani Foundation and the Takayama Foundation.

HOSTED BY:



Keiro
Senior HealthCare



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