

Living Well with Chronic Conditions

**Improve your health,
take control of your illness and feel
better**

**For your family,
for yourself**



A FREE workshop!

When: Wednesdays for 7 weeks

Starts: Wednesday, January 22nd, 2025

Where: Virginia Garcia Memorial Health Center in Beaverton

Address: 2725 SW Cedar Hills BLVD suite 200 Beaverton OR 97005

Hours: 3:00p.m. – 5:30p.m.

Healthy snack is included!

You will learn more about:

- Simple ways to manage your health condition
- Problem solving
- Goal setting
- Talking to your family and your care team
- Healthy eating
- Understanding nutrition labels
- Relaxation and exercise techniques

Register for Living Well today!

Call Maria at 503-352-7976 or Ashley 971-264-8281
to sign up.



Virginia Garcia Memorial
HEALTH CENTER