



Tomando Control de su Salud

Workshops in Spanish for people with arthritis, diabetes, heart disease, lung disease, and other health problems.

- Learn ways to control pain and other symptoms, get around better, and stay independent.
- Talk to other people about what helps them deal with their health problems.
- Workshops are 2½ hours long. They meet once a week for 6 weeks.
- They're conducted in Spanish by trained instructors who have or understand health problems like yours.
- People who take the workshops:
 - Have more energy and less pain
 - Feel less tired and less depressed
 - Get more exercise
 - Can talk to their doctors more easily
 - Are more confident they can manage their own health

Look for a class near you. See the back of this flyer for locations and schedules.



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