

Education for a Healthy Lifestyle



**Yakima Valley
Farm Workers Clinic**
A Culture of Caring

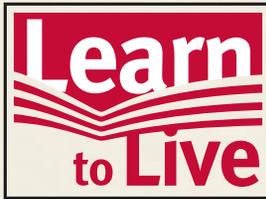
ALTC Aging &
Long Term
Care
Southeast Washington

*Taking Control
of Your Health.*



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What is it?

Group meetings for anyone who has an ongoing medical condition who would like help and support to live a healthier life.

What would I learn?

People who come learn more about:

- *How to deal with frustration, fatigue and pain*
- *Using medications to improve health*
- *Exercise that will allow you to improve and maintain strength and endurance*
- *How you can better communicate with family, friends, and healthcare workers*
- *Healthy eating and more!*

How much does it cost?

FREE!! Plus, great books, relaxation CDs, healthy food, fun and more!

Where?

We have many locations to serve you!

What people say about the program:



"Because everyone in the class had similar problems we all got to share ideas. It was very helpful."



"The classes taught me how to set goals and actually follow through. It really helped build my self-confidence."



"The classes helped me to make healthier choices with my meals."



"The instructors were so nice. They were there to teach us to live a healthier life and they really care."



"We all got to know each other so well it was sad for me to have the classes end."

For more information or to register, please call:

1.866.942.7466

Hurry! Space is limited.