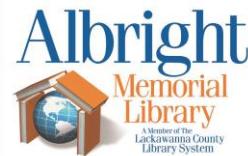




Live your best life



United Neighborhood Centers of NEPA and Geisinger health and wellness are offering a six-week program for those who have chronic or long-term conditions. This interactive group is open to the public and available at no-cost. Participants 18 years or older meet once a week to learn how to improve their health. Caregivers, friends and family are welcome to attend.

Join our program to better your health

Location: Albright Memorial Library
500 Vine Street Scranton, PA 18509
(Henkelman Room - 2nd Floor)

Date: Thursdays, Oct. 3 to Nov. 14, 2019
(no class Oct. 31, 2019)

Time: 5:15 p.m. to 7:45 p.m.

Workshop topics

- Healthy eating and exercise
- Relaxation techniques and reducing stress
- Setting goals and problem solving to improve your health
- Making informed treatment decisions
- Managing your symptoms, pain and fatigue

You will:

- Make new friends
- Discuss symptom management
- Get tips for connecting and talking to your doctor

You will receive:

- Course book, *Living a Healthy Life with Chronic Conditions*
- Relaxation CD

Sign up today!

Call the Geisinger health and wellness department at 866-415-7138 to register. Registration required.

