



**A FREE SIX-WEEK HEALTH WORKSHOP
FOR PEOPLE WITH CHRONIC HEALTH CONDITIONS
AND THEIR FRIENDS, FAMILY, AND CAREGIVERS**

**LEARN TO BETTER MANAGE YOUR HEALTH
USING EVIDENCE-BASED STRATEGIES**

**TOPICS INCLUDE PROBLEM-SOLVING, HEALTHY EATING, ACTION
PLANNING, UNDERSTANDING EMOTIONS, EXERCISE, EVALUATING
TREATMENTS, EFFECTIVE COMMUNICATION, AND MUCH MORE!**

**EVERY MONDAY FROM 9 AM TO 11:30 AM
APRIL 8 THROUGH MAY 13, 2019
EPPSON CENTER FOR SENIORS @ 1560 N. 3RD ST.**

**JOIN US FOR A SHORT INFORMATIONAL SESSION
MARCH 25 AT 11 AM AT THE EPPSON CENTER FOR SENIORS
FOR MORE DETAILS OR TO REGISTER, CALL US AT
(307) 766-2765 OR SEND US AN EMAIL AT WYCOA@UWYO.EDU**

