

The PCSB Wellness Program Presents:

# Living Healthy



A Stanford University program designed to help  
**YOU TAKE CONTROL** of your health



Examples of chronic conditions:

High Blood Pressure, Diabetes, Osteoporosis, Arthritis, MS, Crohn's Disease, Heart Disease, Asthma, Emphysema, Obesity, and others.

If you have a chronic condition or if you live with or care for someone who does, then this workshop will help you!

## Registration is required

Call Jamie at 648-3057 or email at [jamie.baker@polk-fl.net](mailto:jamie.baker@polk-fl.net) to sign-up or for more information

Plus receive the workshop book and CD

The Living Healthy Program is a 6 week workshop designed to help people with on-going health conditions and their caretakers take control of their health by teaching tools such as:

- Depression Management
- Healthy Eating
- Problem Solving
- Communication
- Stress Management
- Fitness
- Planning
- Using Your Mind

## Workshops will be offered at 4 locations:

- Bartow Transportation 10-12:30pm
- Lawton Chiles Middle Academy 2-4:30pm  
June 21, 28, July 12, 19, 26, August 2
- Mark Wilcox Center 10-12:30pm
- Woodlake Center 2-4:30pm  
June 17, 24, July 1, 15, 22, 29

