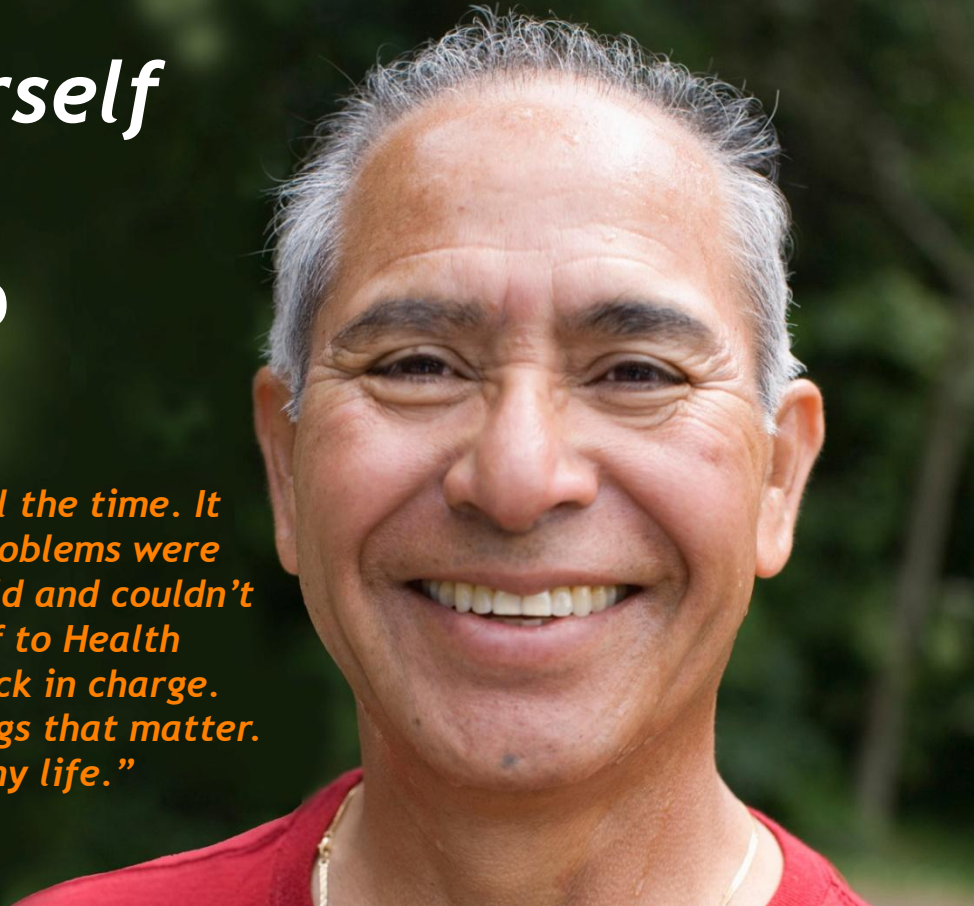


# Help Yourself to Health Workshop

*“I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. The Help Yourself to Health workshops put me back in charge. Now I can do the things that matter. I’ve put life back in my life.”*



## The Peak Center

Join Us for this 6 part FEEL GOOD workshop!

Tuesdays, February 7th through March 13<sup>th</sup> Time: 9:00–11:30AM

Register with Peak Member Services 215-362-7432

Do you have a chronic condition like diabetes, arthritis, asthma, high blood pressure, heart disease, COPD, or anxiety? The *Help Yourself to Health* workshop teaches techniques to better manage symptoms like pain, fatigue, frustration and isolation. Learn to effectively communicate with your health professionals, friends and family; and make informed treatment, diet and exercise decisions. This workshop is FREE—Attendees receive a resource book & relaxation CD

