Living Well

With Arthritis and Other Conditions

This program is supported by the Wellness Neighborhood and offered at no cost

Call Now for Schedule & To Sign Up

Join us for 6-weekly classes and learn:

- How to deal with frustration, fatigue, isolation, and poor sleep
- Exercises for maintaining and improving strength, flexibility, and endurance
- Communicating effectively with family, friends, and health professionals
- Appropriate use of medications
- Anti-inflammatory nutrition
- Decision making strategies
- How to evaluate new treatment options
- Setting health goals...and sticking with them

Program is for adults with any chronic condition, such as:

High blood pressure
Heart disease
Arthritis
Diabetes
Liver disease
Asthma
COPD
Obesity

Participants in this evidence-based worldwide Stanford University program are better able to manage their symptoms and have improved health and quality of life.

For more information or to register,
please call (530) 587-3769
or email wellness@tfhd.com
Follow Tahoe Forest Health System!

Tahoe Forest Center for Health

Sponsored by Wellness Neighborhood, *a Proud Supporter of Community Health*

10710 Donner Pass Road | Truckee, CA 96161