

Living Well

Your Journey starts today.



Wednesdays, Sept 12. - Oct. 24 | 1:00 p.m. - 3:30 p.m.
Humanim | 6355 Woodside Ct, Columbia, MD 21046
(No session on September 26)

Learn how to manage your everyday health, feel better, be in control and do the things you want to do!

This *free* six-week workshop helps you to enhance your abilities to:

- Cope with pain, fatigue, stress and depression
- Practice healthy eating
- Incorporate physical activity
- Set weekly goals you can achieve
- Communicate effectively with family, friends and doctors

Each session builds upon the last, all the while sharing experiences and identifying solutions and tools for solving problems, creating a supportive environment.

Caregivers are welcome to attend.

Register today at hcgh.org/events.

410-720-8788 | HCGH-J2BH@jhmi.edu

