The Healthy Living workshop is designed to support you, and teach the skills needed for day-to-day self-management of any type of ongoing health condition, so you can take charge of your life!

This program was developed by Stanford University School of Medicine and offered by the Sanford Center for Aging, University of Nevada, Reno. It is held for 2½ hours once a week for seven consecutive weeks.

Some of the topics and skills covered during this workshop include:

- Managing symptoms
- Navigating difficult emotions
- Communication skills
- Healthy eating
- Exercise
- Problem solving

Class size is limited and registration is required.

**Tuesdays, Oct. 2 - Nov. 13, 2018**
9:30 a.m. to 12:00 p.m.
Center for Molecular Medicine,
Room 113
University of Nevada, Reno

To register, go to [http://bit.ly/2srgg2x](http://bit.ly/2srgg2x) or call 775-784-1583

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