



Do you or someone you love or care for have?

- Arthritis
- Diabetes
- High blood pressure
- Heart problems
- Chronic Health problems

Learn how to:

- Manage pain, stress, fatigue and emotions
- Work better with your doctor and healthcare professionals
- Set goals and problem solve to make positive changes in your life
- Be more fit and eat healthier
- Feel better and reduce your healthcare costs



6-Week HEALTHIER LIVING WORKSHOP! ACC Members FREE!

Small Interactive Group Setting – Everyone is Welcome!

FREE gifts, certificate will be given to participants completing the workshop!

Date & Time

**From Apr. 9 – May 14,
SATURDAYS 1 – 3:30PM**

Location:

**Agape Community Center
378 18th Ave.
San Francisco, CA 94121**

Pre-registration is required:

**Contact Lana Endo (415) 387-7204 ext. 18
ACC Membership \$25.00 per semester**