

Palm Drive West County's Hospital

FREE! **Living with Chronic Conditions Workshop and Support Group**

Learn how to feel better in life while living with chronic conditions. Share in the support of others facing similar challenges.

Who should come: All those with chronic conditions such as diabetes, heart disease, arthritis, fibromyalgia, headache, chronic fatigue, sleep disorders, chronic pain and depression. Family and friends welcome, too.

Topics include: 1) Steps to feel better today,
2) Stress reduction,
3) How to take control and improve mood, energy level, and more.

Time: Every Tuesday, 2:00 to 3:00 pm

Place: Palm Drive Hospital
501 Petaluma Avenue, Sebastopol

Registration: Free and open to the public –
just drop in and join us!

Sebastopol



Jennifer Foley, MFTI
Group Leader
707-861-1030



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www.palmdrivehospital.com

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