

Healthy Living Workshops



Learn How to Take Control and Manage Your Health
Put Life Back in Your Life

Do you have
Arthritis, Diabetes,
Heart Disease,
Cancer, COPD,
Chronic Pain,
Depression or any
Other Ongoing
Health Conditions?

The Healthy Living Workshops can teach you the skills you need to manage your conditions and get your life back!

Proven practices based on an ongoing series of studies conducted at Stanford University School of Medicine.

Also offered, 6-weeks of access to the NACA Wellness Center Group Fitness Classes at NO COST!!

The Next Upcoming Workshop:

April 1, 2016 to May 6, 2016

Meet Every Friday from 9:30am - 12:00pm

in the NACA Wellness Center Classroom

To Register or For More Information, Contact:

NACA Family Health and Wellness Center

Tenillya Cody (928) 773-1245 ext. 229

Space is limited, No Cost to Attend



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