

Living Healthy Southern Tier

Take Back Control of
Your Life & Manage
Your Own Care



 **Turning Point**
A service priority for Catholic Charities of Steuben

**A FREE six-week workshop for anyone with or caring for
someone with one or more chronic health conditions such as...**

Bipolar Disorder Asthma Heart Disease Anxiety Obesity Depression Crohn's Disease Cancer
Type 1 or Type 2 Diabetes Stroke Kidney Disease ADHD Addiction Chronic Pain HIV Arthritis
High Cholesterol OCD Autoimmune Disease Hypertension COPD Eating Disorder Dementia

Topics Covered in the Workshop Include

- ◆ Better nutrition.
- ◆ Communicating effectively with family, friends, and doctors.
- ◆ Dealing with problems such as frustration, fatigue, isolation, and pain.
- ◆ Improved sleep.
- ◆ Maintaining and improving strength, flexibility, and balance.

**Catholic Charities of Steuben
23 Liberty Street, Bath**

**Information Session
Wednesday, April 18th
9:00AM - 10:00AM**

**First Session
Wednesday, April 25th
9:00AM - 11:30AM**

Contact Us for More Information or to Register

Phone - (607) 776-9467, Ext: 236

Email - srhn@ihsnet.org

Each participant will receive a free gift at each session!