



Healthy Living Series

For people with chronic health issues,
like diabetes, heart disease, depression,
arthritis, asthma, hepatitis C, & HIV.

Caregivers welcome!

**Call to Register:
503-781-6845**

more →



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Manage symptoms, such as pain, fatigue & stress
Learn ways to deal with emotions
Make action plans

Six FREE workshop classes
Every Wednesday

11am– 1:30pm
(lunch provided)

September 22nd – October 27th
NE Portland Location

Register Now! Space is Limited.



Facilitated by Multnomah County Health Department

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