

Jun 15 **Healthier Living Workshop Begins Tuesday**

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Hello Everyone,

This is a little last minute, but I wanted to share this opportunity to join-in on the Healthier Living Workshop sponsored by On Lok.

The workshop is a **six week series for people who have Arthritis, Diabetes, High Blood Pressure, Heart problems, or Chronic Health problems and aims to help participants manage pain, stress, fatigue and emotions; work better with their doctors and healthcare professionals; set goals and problem-solve to make positive changes in their lives; and be more fit and eat healthier among other goals.**

The workshop starts tomorrow, **Tuesday, June 16, 12:00pm – 2:00pm.**

Please see the attached flyer to register for the program and receive the Zoom access link and information.

**Thank you,
Frank**