

LIVING IN BALANCE

FACT- Native Americans experience more ongoing health problems than the general population. **This can be changed.**

NACC is committed to working with clinic patients to provide tools for the community to reduce health disparities & promote healthy lifestyles. The Living In Balance workshops are an important step for community members to take charge of their own health.

**6 weeks workshop
Tuesdays-5 to 7pm**

2011 schedule

**January 4th
February 15th
March 29th
May 10th
June 21st
August 2nd
September 13th
October 25th
Others upon request**

To register

**Call:
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What is Living in Balance??

This 6 week interactive workshop is a fun and easy way to help people learn how to manage chronic health conditions and problem lifestyle issues. This workshop helps participants to identify small steps to reach personal health goals.



Educational topics include:

- Disease-related problem solving
- How to manage emotions
- How to begin an exercise program
- Communication skills
- How to improve your patient/physician partnership
- Use of community resources
- Managing medications
- What it means to eat well
- Stress management and relaxation information

**TOGETHER we will promote the health of our
Community!!
space is limited for each class, call early to sign up or call for
information on future classes !!**

20 dollar gift card when you complete the 6 week program.