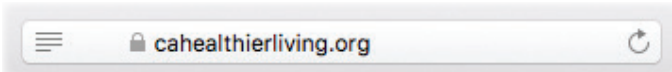


# Find free workshops for wellness!

Your guide to finding health self-management workshops in your community

**1** Go to [www.cahealthierliving.org](http://www.cahealthierliving.org)



**2** Click: Find a Program

## Start living your best life, today!

If you or someone you care for is managing a fear of falling or is dealing with a chronic condition such as diabetes or arthritis, you know that it can often feel like illness is taking over your life. The good news is that there are things you can do to feel better, and improve your quality of life. Sign up for a workshop today and start to take control of your health, instead of letting it take control of you!

[FIND A PROGRAM](#)

**3** Pick a program!



**Health Self-Management**  
Helping yourself to better health

[More Info](#)



**Falls Prevention & Physical Activity**  
Let's get moving!

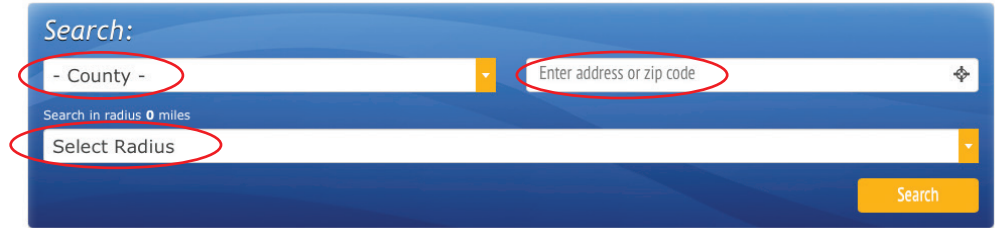
[More Info](#)



**Caregiver & Memory Programs**  
Helping you help them

[More Info](#)

**4** Enter your county or zip code and select search radius



Search:

- County -

Enter address or zip code

Search in radius 0 miles

Select Radius

Search

**5** Select a class, click Register Now

or

call or email the Workshop Contact



Register Now



Arthritis Foundation Exercise Program-Pilgrim Tower

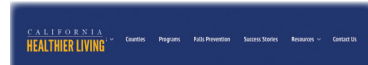
Name

Email Address

Phone Number

Message

Register



Arthritis Foundation Exercise Program-Pilgrim Tower

Workshop Type: Arthritis Foundation Exercise Program

Workshop Date: February 13, 2013 - March 20, 2013

Workshop Time: 10:00 am - 11:30 am

County: Los Angeles

Address: 1207 S Vermont Ave.

City: Los Angeles

State: California USA

Zip: 90006

Language: English

Notes:

Workshop Contact:

Name: Cheryl Lee

Agency: Pilgrims in Care Foundation

Phone: 818-837-3715

Email Address: EBPPrograms@pfcf.org

