

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: January 9, 2012

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SUBJECT: LIVING HEALTHY WITH A CHRONIC CONDITION SERIES AT THE
CYPRESS SENIOR CENTER

Living Healthy With a Chronic Condition is a 6-week program which will be held at the Cypress Senior Center on Wednesdays from February 1, through March 7, 2012 from 9:00 - 11:30 am. The course will be conducted by Marilyn Geller, PHN with Adult Public Health Nursing Services, from the Orange County Health Care Agency.

Don't let fatigue, frustration, pain, sleep loss, depression or anxieties keep you from enjoying your life. Self-management is the key! Developed by Stanford University, this free program will cover: nutrition and physical activity; communication skills; relaxation techniques; medication usage; community resources; self-management and the individual; goal setting and problem solving. Attendance is necessary at all sessions. Registration is required.

The Cypress Senior Center is located at 9031 Grindlay Street, just south of Lincoln Avenue and about a mile west of Valley View Street. For more information please call (714) 229-2005. Information about other programs may be found on the Cypress Recreation & Community Services' website at www.cypressrec.com.

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