

Chronic Disease Self-Management – “Healthier Living” – Camarillo Health Care District

August 28, 2017 4:36 pm

Address:

3639 Las Posas Road, Camarillo, CA, United States, Camarillo, California, USA 93010

Workshop Date: May 15, 2019 - June 19, 2019

Description:

This award-winning “Healthier Living” series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Methods taught will reduce fatigue, anxiety, sleep loss, and ensure a happier and healthier life.

This series meets once a week for six weeks at the Camarillo Health Care District. There is a \$40.00 course fee. Registration is required. This class is extended one week due to the President’s Day Holiday.

Please see contact information below.

County: Ventura

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Map

