



Contact: Kara Ralston  
Chief Operations Officer  
805-388-1952, ext. 108

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# Press Release

For Immediate Release

## **District Offers Series to Manage Ongoing Health Conditions**

VENTURA COUNTY, CA, January 11, 2010 – The Camarillo Health Care District invites community members who are living with ongoing health conditions to attend a free workshop series beginning January 19, 2010, from 9:00 a.m. - 11:30 a.m., at the Camarillo Health Care District at 3639 E. Las Posas Road, Suite 117, in Camarillo.

This award-winning program is designed by Stanford University to help you better manage chronic health conditions and to age with health and vitality.

There will be six 2-hour workshops for those interested in becoming more physically and socially active, while managing ongoing health conditions. **Workshop topics** include:

- Manage Your Health and Lessen the Impact on Your Life
- Reduce Fatigue, Anxiety, Sleep Loss and Pain
- Communicate Better with Your Physician, Family and Friends
- Set Goals and Problem Solve to Make Positive Changes

### **Workshop dates are:**

January 19, 2010

January 26, 2010

February 2, 2010

February 9, 2010

February 16, 2010

February 23, 2010

For more information about the Camarillo Health Care District and its programs and services, please visit the website at [www.camhealth.com](http://www.camhealth.com), or call (805) 388-1952.