

# FLORISSANT SENIOR OFFICE

## HEALTH & WELLNESS OFFERINGS

### **Living a Healthy Life** *Presented by St. Louis Oasis*

Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health. Developed by Stanford University's Patient Education Research Center, this self-management course is for those with any chronic condition.

**When:** Thursdays, May 2 to June 13

**Time:** 10:00 a.m. to 12:30 p.m.

**Cost:** Free - for Residents & Non-Residents

**Where:** JFK Community Center - Carnation Cove Room

**How to Register:** Please call Oasis at 314-687-1116, Class #5604

---

### **Over the Counter and On the Web** *Presented by St. Louis Oasis*

Over-the-counter pain medications such as Tylenol are convenient and in almost everyone's medicine cabinet. However, over-the-counter medications have some risks, especially if you have chronic health conditions or take prescription medications. This 6-week program will teach you the basics of pain medications and how the internet can be used as a tool to improve your health.

**When:** Mondays, May 13 to June 24 \*No Class May 27\*

**Time:** 10:00 to 11:30 a.m.

**Cost:** Free - for Residents & Non-Residents

**Where:** JFK Community Center - Carnation Cove Room

**How to Register:** Please call Oasis at 314-862-4859, ext. 24, Class #5901