



Positive Self- Management

with Patrick Piper

The series begins on Thursday, May 15th, and subsequent sessions will occur every Thursday. The workshop dates are as follows:

- Session 1: Thursday, May 15 (11am–1pm)
- Session 2: Thursday, May 22 (11am–1pm)
- Session 3: Thursday, May 29 (11am–1pm)
- Session 4: Thursday, June 5 (11am–1pm)

Program includes lunch & incentive for attending all four sessions

APLA Health Center, Long Beach
1043 Elm Ave. 3rd Floor
Long Beach, CA 90813

RSVP with Jeffrey at
JMcCray@aplahealth.org or
call/text (562) 247-7353