

My Life, My Health

Healthier Employees
+ Better Performance
= Good Investment



The My Life My Health Chronic Disease Self-Management Program is proven to enhance workforce health and increase well-being. The program benefits workplace wellness by:

- Increasing Productivity
- Decreasing Absenteeism
- Reducing Healthcare Costs
- Improving Overall Health and Well-being

People living with one or more medical conditions will learn about healthy eating, flexibility and strength exercises, pain and medication management, and strategies for coping with stress, frustration, and depression.

“For 20 years I suffered with Type 2 Diabetes, High Blood Pressure and COPD. On a routine visit my physician mentioned the six week My Life, My Health Chronic Disease Self-Management program. I called and joined the next workshop. Not only did I regain the quality of my life, I lost 70 pounds, improved my blood sugars, and reduced my blood pressure allowing me to breathe easier and participate in many social activities. There were many others I met with similar conditions that I am now proud to call friends and supporters.”

~George Iannuzzo, HLCE Participant Ambassador



To implement a My Life My Health program at your workplace contact:

978-946-1211 • www.healthyliving4me.org



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Our goal is to help employers build a happier, healthier place of work!

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