



Positive Self-Management

with Patrick Piper

The series begins on Thursday, November 7, and subsequent sessions will occur every Thursday. The workshop dates are as follows:

- Session 1: Thursday, November 7 (11:00 am - 1:00 pm)
- Session 2: Thursday, November 14 (11:00 am - 1:00 pm)
- Session 3: Thursday, November 21 (11:00 am - 1:00 pm)
- Session 4: Thursday, December 5 (11:00 am - 1:00 pm)

APLA Health David Geffen Health Center, Koreatown

611 S. Kingsley Dr. Los Angeles, CA 90005

Second Floor – Founders Room

Program includes lunch & incentive for attending all four sessions

RSVP to Emmanuel at esanchezramos@aplahealth.org

or call/text 213.201.1547



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