



It's  
MY  
health.

It's  
MY  
life.



**LIVING HEALTHY** is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, **Living Healthy** is for you. By attending this FREE workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!



Sponsored by: **Change the Future WV** - Mid-Ohio Valley Health Department



Location: Big Springs/Tanner Community Center

Date: Wednesday, November 12, 19, 26 & December 3, 10, 17

Time: 10:00am-12:00pm

Questions: Roxane.L.McAtee@wv.gov or 304-354-6101 ext. 203