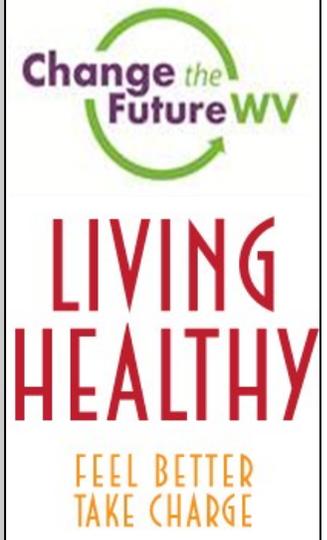


Control Your Health Condition... Don't Let Your Condition Control You...



Do you or someone you love have an ongoing health condition?

Diabetes, Arthritis, High Blood Pressure, Heart Disease, Chronic Pain, or Cancer?



The Living Healthy Workshop can help you take control of your health!

- ★ **FREE** 2 Hour Workshop, Once a Week for Six Weeks
- ★ Learn from Trained Leaders
- ★ Set Goals & Be Successful
- ★ Make a Step-By-Step Plan to Improve Your Health
- ★ Manage Pain
- ★ Increase Fitness
- ★ Manage Medications
- ★ Improve Communication with Health Providers
- ★ Choose Foods for Health



Elizabeth Cather Towers, Grafton WV

TUESDAY afternoons

2:00 PM – 4:00 PM

July 1, 8, 15, 22, August 5 & 12



For more information contact Kari.L.Yokochi@wv.gov or 304-695-1522 (cell)