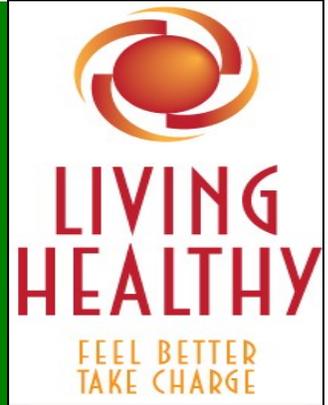


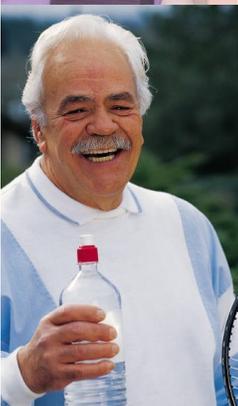


# Control Your Health Condition... Don't Let Your Condition Control You...



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 & Volunteer 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



**Genesis HealthCare Pierpont Center**  
**[1543 Country Club Rd. Fairmont]**  
**WEDNESDAY afternoon 2 pm – 3:30 pm**  
**September 3, 10, 17 October 1, 8, & 15**



(For more information contact [Kari.L.Yokochi@wv.gov](mailto:Kari.L.Yokochi@wv.gov) or 304-485-7374 ext. 412)