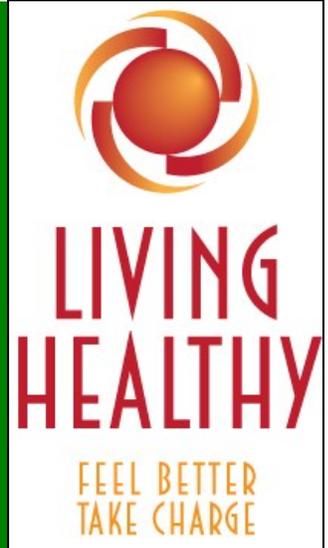
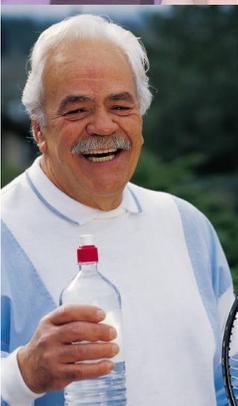




Control Your Health Condition... Don't Let Your Condition Control You...



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



Vienna Public Library 2300 River Road
MONDAY evening
6:00 – 8:00 PM
January 5, 12, 19, 26 & February 2, 9



Sponsored by Mid-Ohio Valley Health Department
(For more information contact Jennifer.N.Shingleton@wv.gov or 304-485-7374 ext. 151)