



# Put Life Back in Your Life with a **Living Healthy** Workshop



Photo Credit: Eat Smart, Move More North Carolina

## Consider a **Living Healthy** Workshop.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and/or depression, the **Living Healthy** Workshop can help you take charge of your life.

## Guidelines to benefit from a **Living Healthy** workshop:

- Ability to tolerate being in a room with 10 or more people for 2 ½ hours.
- Ability to stay focused, more or less, on the topics or activities.
- Possess reading skills and/or be willing to be paired with another participant.

## What you will learn:

- find ways to deal with pain and fatigue
- explore ways to sleep better
- discover better nutrition and exercise choices
- understand new treatment and medication choices
- learn better ways to talk with your doctor and family about your health.

## **Sign Up Now!**

There is no cost, but registration is required. All participants receive a Health book and CD.

## WORKSHOP DETAILS

LOCATION:

DATES:

TIME:

TO REGISTER:



**HEALTHY AGING NC**

Go to [www.healthyagingnc.com](http://www.healthyagingnc.com)  
to find out more.

Feel better.

Be in control.

Do the things you want to do.

