

# Sick and tired of being sick and tired?

Join a six-week Living Healthy workshop in your community!

**Location: Mars Hill University, Pittman Dining Hall**

**Date: Thursdays, June 2nd through July 7th**

**Time: 3pm to 5:30pm**

**Free dinner for participants. Register by calling 828-251-7438 or email [stephanie@landofsky.org](mailto:stephanie@landofsky.org)**

## Living Healthy will help you learn how to...

- Achieve & maintain a healthy weight
- Manage medications
- Reduce pain & fatigue
- Breathe better
- Enjoy more restful sleep
- Build confidence
- Communicate effectively with your doctor
- Solve problems, set goals, and live life the way you want to live it!

**Space is limited.  
Register today!**



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