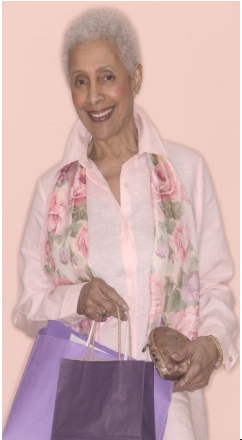




# Control Your Condition... Don't Let Your Condition Control You!

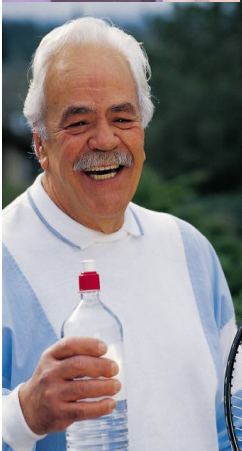


Whatever health issue you're facing, it's time to take charge and enjoy a better quality of life.



**Living Healthy** is a fun, interactive workshop that can help you:

- ★ Manage pain & fatigue
- ★ Lessen depression & frustration
- ★ Increase fitness & self confidence
- ★ Choose foods for health
- ★ & **more!**



Nothing beats a chronic health condition like self-management!

Attend a **FREE** 2 1/2 hour session, once a week for 6 weeks to learn the tools needed to control your condition. Participants will also receive a copy of the "Living a Healthy Life" workbook and relaxation CD.

**Tuesdays: January 24, 31, February 7, 14, 21, & 28**

**Time: 2:00-4:30pm**

**Tyrrell County Senior Center**

**406 Bridge Street, Columbia, NC 27925**

This workshop is offered by the *Albemarle Commission Area Agency on Aging* with the support of the *Vidant Health Foundation Community Benefit and Health Initiatives Grants Program*.

**To register call: 252-426-5753 x 232**

