

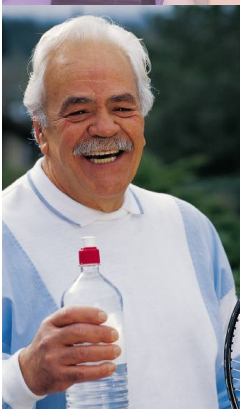


# Control Your Health Condition... Don't Let Your Condition Control You...



Are you age 60 and better with an ongoing health condition such as 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 1/2 hour workshop, once a week for six weeks

★ Learn from trained volunteer leaders

★ Set goals

★ 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



2:30-5:00pm

January 20 - February 24

Location—Caldwell Senior Center

Registration Required

Cyndi Akins

(828) 758-2883