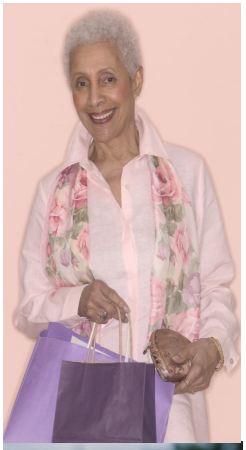
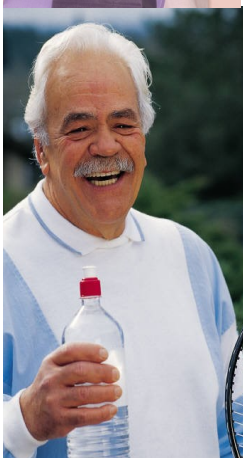
Control Your Condition… Don't Let Your Condition Control You!

LIVING HEALTHY
FEEL BETTER TAKE CHARGE





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: October 10, 17, 24, 31 November 7 & 14
Time: 1:00pm-3:30pm
Currituck County Senior Center
130 Community Way, Barco, NC 27917

ALBEMARLE COMMISSION
REGION K COUNCIL OF GOVERNMENTS
Area Agency on Aging

This workshop is offered by the *Albemarle Commission Area Agency on Aging*. *To register, sign up at the Currituck County Senior Center or call the Area Agency on Aging at 252-426-5753 x 232!*