



  
**LIVING  
HEALTHY**  
FEEL BETTER  
TAKE CHARGE

  
**Coastal  
CAROLINA**  
ACTIVE LIVING

**TAKE CONTROL OF YOUR HEALTH!**

# LIVING HEALTHY!

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! Attend this 2-1/2 hour workshop, once-a-week for six weeks. This workshop is provided at no cost to adults age 60 and older. There is a \$35 fee for adults under the age of 60.

## PROGRAM FEATURES

- *Experienced instructors*
- *Progressive curriculum*
- *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*

**BSRI will host TWO  
workshops**

**Monday, April 17 – May 22  
12:00 p.m. – 2:30 p.m.  
Shallotte Center**

**Thursday, April 20 – May 25  
12:30 p.m. – 3:00 p.m.  
Southport Center**

**REGISTER NOW**

910-754-2300 

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