

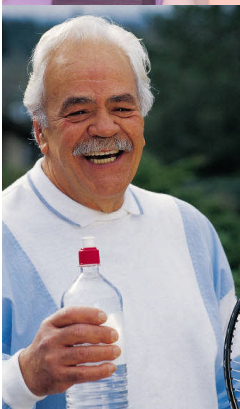


Control Your Health Condition... Don't Let Your Condition Control You...



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

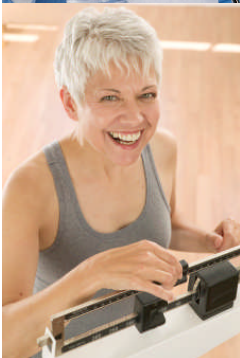
★ Manage Pain

★ Increase Fitness

★ Manage Medications

★ Improve Communication with Health Providers

★ Choose Foods for Health



Friday mornings

9:00 am—11:30 am

September 10th—October 15th

East Burke Senior Center

Registration Required

(828) 397-3397

East Burke Senior Center

(Class size is limited)