



## Put Life Back Into Your Life!

### Consider a **Take Charge of Your Health—Live Well Be Well** Workshop.

Are you an older adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Take Charge of Your Health—Live Well Be Well Workshop can help you take charge of your life.

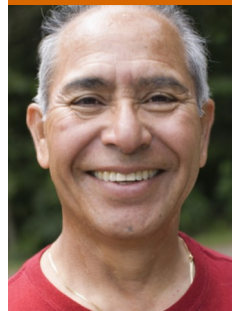
- Join a free 2 ½-hour Take Charge of Your Health—Live Well Be Well Workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.



*“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”*



## Take Charge of Your Health—Live Well Be Well Workshop



*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*



*“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”*