

Put Life Back in Your Life



Living Well with Chronic Conditions Workshops begin February 19, March 4 and April 15

If you have chronic conditions such as diabetes, arthritis, high blood pressure, heart disease, or other ongoing health issues, the Living Well with Chronic Conditions program can help you take charge of your life. The six-week workshop and book "Living a Healthy Life with Chronic Conditions" costs only \$10.

To register and for more information, please call

322-7430

www.deschutes.org/livingwell

