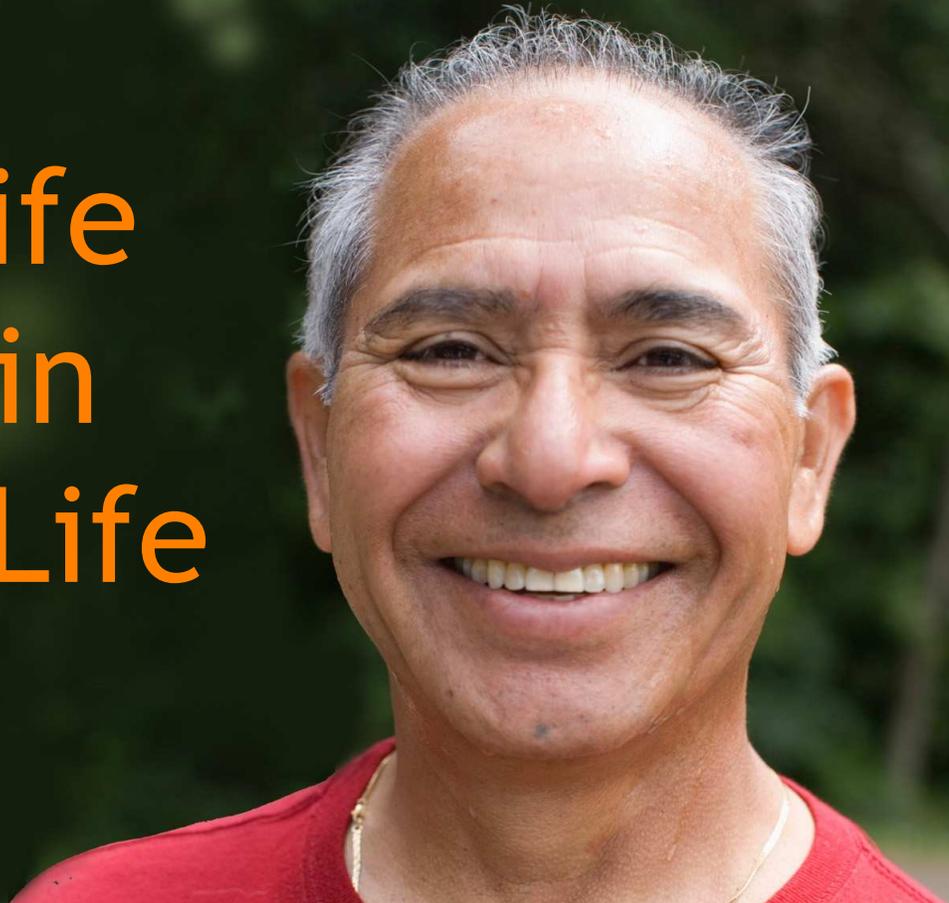


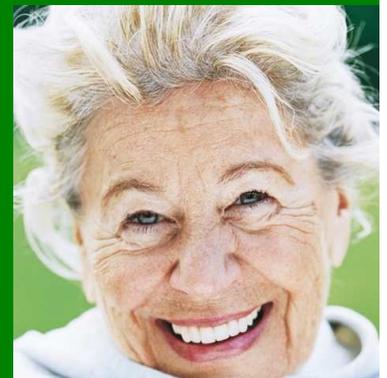
# Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Well workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

**Living Well with Chronic Conditions**



To find a Living Well Workshop near you, call 1-888-576-7414.