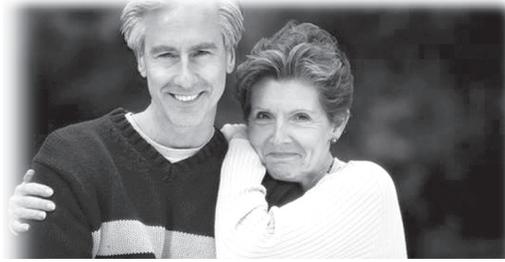


Put Life Back in Your Life

Living Well with Ongoing Health
Issues Workshops begin Jan. 20.

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

*Living Well serves the communities
of Deschutes, Crook and
Jefferson counties*



Workshop series offered: Jan. 20 - Feb. 28

Bend Workshop Times

(please call for class locations)

Jan. 20 to Feb. 24, 2 to 4:30 p.m. (Thursdays)

Jan. 24 to Feb. 28, 2:30 to 5 p.m. (Mondays)

Jan. 24 to Feb. 28, 6 to 8:30 p.m. (Mondays)

*For a complete list of
Living Well sponsors or to pre-register,
please visit*

www.livingwellco.org

(541) 322-7430

