



Feel Better Now

Living with a chronic condition such as diabetes, arthritis, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!

Attend a **FREE** 6-week workshop and discover how to:



Make healthy food choices.



Increase physical activity and exercise safely.



Cope with pain and fatigue.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

When:

2:30-5:00 pm

Wednesdays

June 15 -July 27

Where:

Community Learning Center

1107 Country Club Dr.

To register:

**Contact: Melissa Cline
at 660-665-9400**

Also great for caregivers!



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