

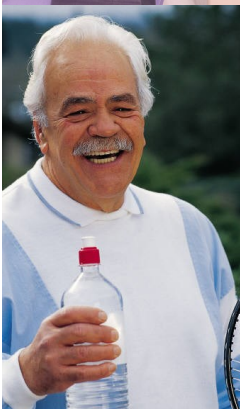


Control Your Health Condition... Don't Let Your Condition Control You...



Are you age 60 and better with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or cancer?

The *Living Healthy* workshop can help you take control of your health!



- ✦ **FREE** 2 1/2 hour workshop, once a week for six weeks
- ✦ Learn from trained volunteer leaders
- ✦ Set goals
- ✦ Make a step-by-step plan to improve your health
- ✦ Manage Pain
- ✦ Increase Fitness
- ✦ Manage Medications
- ✦ Improve Communication with Health Providers
- ✦ Choose Foods for Health



Class is every Wednesday for 6 weeks

Wednesdays
4pm–6:30pm
September 26 - October 31, 2018
Burke Senior Center
501 N. Green Street, Morganton

Call Lisa Moore to register
(828) 764-9218
(Class size is limited)