

A New Way to Feel Better!



Do you have, or provide care for someone who has:

- Arthritis
- Diabetes
- Depression
- Heart Disease
- Obesity
- A disability

Does this make you, or the person you care for, feel:

- Tired
- Stressed
- Overwhelmed
- Pain
- Angry
- Isolated

This program gives you the tools to feel better.

Proven benefits include better:

- Energy and physical activity levels
- Ways to talk to health care providers and family
- Quality of life

You will learn how to:

- Deal with frustration, fatigue, pain and feeling alone
- Be active for better health
- Make healthier food choices
- Talk with family, friends, and health care providers about your health

This small-group program meets **once a week, for 6 weeks.**

..... Each class is 2.5 hours.>

Signing up has never been easier.

CLASS DATE

LOCATION

COST

ORGANIZATION
NAME

PHONE

EMAIL