



Take Charge of Your Health with ...



Living Healthy Workshops

A FREE six- week workshop series for someone who has a chronic condition or is caring for someone who does

Have these words been defining your life?

Bipolar Disorder Asthma ADHD Obesity Depression Crohn's Disease
Type 1 or Type 2 Diabetes Cancer OCD Addiction Chronic Pain HIV
High Cholesterol Anxiety COPD Stroke Hypertension Eating Disorder
Kidney Disease Alzheimer's Disease or Other Dementia Heart Disease Arthritis

**Taught by someone who has a health issue like yours,
This 6-week workshop will help you...**

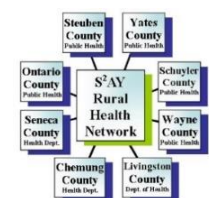
- ✓ Deal with anxiety, frustration, fatigue, pain, or isolation.
- ✓ Communicate better with friends, family, and doctors.
- ✓ Manage medications and understand new treatment options
- ✓ Maintain and improve strength, flexibility, and endurance.
- ✓ Eat better and learn how to become physically active



Each Friday from May 4– June 15, 2018 | 1-3:30 p.m.

Guthrie Corning Center Way Location| 130 Center Way, Corning, NY 14830

Call today to register! 607-962-8459



GUTHRIE



Public Health
Prevent. Promote. Protect.