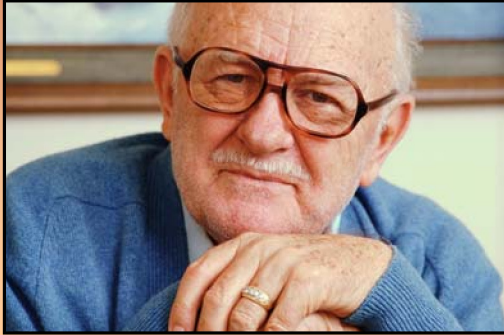




Supported by Arizona Department of Health Services &
Coconino County Public Health Services District



Healthy Living Workshops **LEARN HOW TO TAKE CONTROL** **AND MANAGE YOUR HEALTH**



Do you have diabetes, heart disease, COPD, arthritis, fibromyalgia, chronic pain, or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

Workshop meets once a week for **6 weeks**. Enjoy the company and support of others living with chronic conditions.

Workshop is free!

Space is limited, call to register.

Next workshop will be offered:

Tuesday, October 25 – November 29, 2011

9:30 – Noon

ABRiO Care

5200 E Cortland Blvd Ste A15 Flagstaff

To register call Penny Cook 928-220-5742

For more information on future groups contact:

Carol Sullivan 928-679-7266

