



Feel better.
Be in control.
Do the things
you want to do.

Join Us

Fridays

June 8 - July 20
No class July 13

Time

1:00pm - 3:30pm

Place & address

**Aging and Disability
Resource Center of
Racine County**
**14200 Washington
Avenue**
Sturtevant, WI 53177

Class Fee \$10.00

Put Life Back in Your Life with Living Well

Are you 60 or above with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.



*“The workshops put me
back in charge of my life,
and I feel great. I only wish
I had done this sooner.”*

To Register Call:

Elizabeth
262-833-8762