



Join Us!

Dates:

August 16 -
September 20, 2019
1:30pm - 4:00pm

Every Friday for 6 weeks

Place & address:

Aging and Disability
Resource Center of
Racine County -
Conference Room A
14200 Washington Ave.
Sturtevant, WI 53177

Class Fee \$10.00

Registration Required!

Call:
Elizabeth
262-833-8762

Put Life Back in Your Life with LIVING WELL

Are you 60 or above with an ongoing health condition? If so, this workshop can help you take charge of your life.

- Get the support you need
- Find practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Learn better ways to talk with your doctor and family about your health

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



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

