

PUT LIFE BACK IN YOUR LIFE



Do you have a chronic health condition or care for a loved one with a chronic health condition? Living Healthy is a FREE six week workshop series that will provide you with the support, information, and encouragement you need to **Put Life Back into Your Life!**

Living Healthy NY Community Workshops

Dates: Wednesdays for six weeks starting **Oct. 15th** from 10:00 a.m. to 12:30 p.m.

Location: Morgan Estates Community Center, 4339 Clearview Dr., Geneseo

How to register: call 585.335.4358 or e-mail cbarrows@noyes-hospital.org

Upon completion, receive a Living Healthy Life book and relaxation CD

Learn how to:

- ◆ Get the support you need
- ◆ Discover better nutrition & exercise choices
- ◆ Deal with pain & fatigue
- ◆ Get better sleep
- ◆ Talk with your doctor & family about your health
- ◆ Set your own goals & make a step-by-step **plan to improve your health & your life!**

Support for:

- ◆ Arthritis
- ◆ High blood pressure
- ◆ Heart disease
- ◆ Diabetes
- ◆ Chronic pain
- ◆ Depression
- ◆ Cancer
- ◆ Multiple Sclerosis
- ◆ Other conditions