



Feel better.

Be in control.

Do the things

You want to do.

Join Us

Oct. 8 to Nov. 12, 2015

Thursdays

3 to 5:30 p.m.

St. Louis Church

7th Ave. West, Washburn

Open to All Adults!

FREE workshop

Sponsored by CORE Community Resources, 715-779-3457

Living Well with Chronic Conditions Workshop

Put Life back in your life!

Are you an adult with an ongoing health condition?

In this *Living Well with Chronic Conditions* 6 weekly class workshop you will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Learn how to problem solve and action plan
- Learn better ways to talk with your doctor and family about your health, and more!!

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, MS, anxiety, etc. the *Living Well* Workshop can help you



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

Register by Oct. 1!

Call: 715-779-3457

Or email:

admin@corecr.org