

Living Healthy

At-Home Learning Kit with Weekly Phone Calls

This **at-home** workshop will help **YOU** learn ways to improve your health from the comfort and safety of your own home.

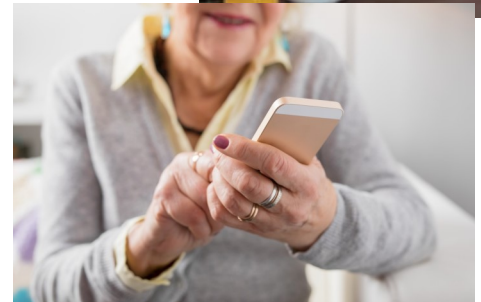
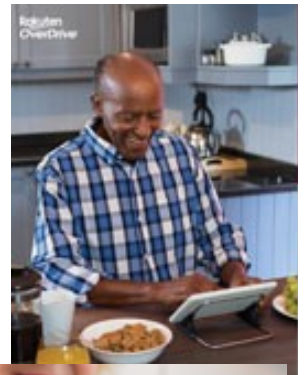
Join this 6-week workshop and talk weekly with people just like you who deal with a chronic condition, such as diabetes, arthritis, high blood pressure and many other conditions

Learn How to...

- **RELAX**
- COPE with pain, fatigue, stress & depression
- **Explore Healthy Eating**
- Set weekly goals YOU can achieve
- **Incorporate exercise**
- Understand medications
- **Get good sleep**

Your Tool Kit includes:

The Living a Healthy Life with Chronic Conditions book
Relaxation CD
Exercise CD



Workshop will begin: April 28th 2021

TO REGISTER, Contact: Farrell Breithaupt 704.825.4678

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