PUT LIFE BACK IN YOUR LIFE

Better Choices, Better Health Workshop

Do you experience any of the following?

- Chronic health condition
- Difficult emotions
- Poor sleep
- Pain/fatigue
- Stress/anxiety
- Depression
- Shortness of breath
- Tense muscles

Attend a free 6-session workshop to learn how to:

- Get the support you need
- Improve nutrition and exercise choices
- Find ways to deal with pain and fatigue
- Improve communication with family and healthcare providers

Register today! Limited spots available.

641-342-3724

Workshops will be held on the following dates:
Fridays - May 13 | May 20 | May 27 | June 3 | June 10 | June 17
Conference Room in the Osceola Public Library | 2:30 pm to 4:30 pm

Please register by calling Clarke County Public Health at 641-342-3724