



Supported by Arizona Department of Health Services,
Cochise Health & Social Services and
Benson Hospital



Healthy Living Workshops **LEARN HOW TO TAKE CONTROL** **AND MANAGE YOUR HEALTH**



Do you have diabetes, hypertension, COPD, arthritis, depression, chronic pain, obesity or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

The workshop is one time per week for 6 weeks with a pre-information meeting. Enjoy the company and support of others living with chronic conditions. **Workshop is FREE! Space is limited**

Workshop Schedule:

Session 1 thru 6

Tuesday, March 7 - April 11, 2017

5:30pm - 8:00pm

Location:

Benson Hospital Conference Room

450 S. Ocotillo Ave.

Benson, AZ 85602



To register contact Donna Morley at

520-720-6587 or

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