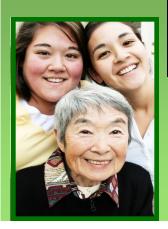


### Supported by Arizona Department of Health Services, Cochise Health & Social Services and Benson Hospital





# 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 dmorley@bensonhopital.org



