



Supported by Arizona Department of Health Services,  
Cochise Health & Social Services, and  
Copper Queen Community 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**

Tuesdays, 1:30pm - 4:00pm  
March 07 - April 11, 2017

#### **Location:**

Douglas Public Library -  
Large conference room  
560 E 10th Street  
Douglas, AZ 85607



To register, contact Alejandra Barton at  
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