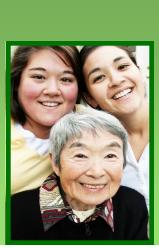


Supported by Arizona Department of Health Services, Cochise Health & Social Services, and Copper Queen Community Hospital



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:

<u>Session 1 thru 6</u> 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 520-432-9496 or abartonmolina@cochise.az.gov







