



Supported by Arizona Department of Health Services,
Cochise Health & Social Services, and
Wellness Connections



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

Wednesdays, 9:30 am - Noon
March 8th - April 12th, 2017

Location:

Wellness Connections -
Admin Office
548 West Fry Blvd.
Sierra Vista, AZ 85635



To register, contact Will Van Arsdel at
520-452-0800 or
wvanarsdel@wellness-connections.org

