



Would you spend just 2 1/2 hours a week to learn
how to stay active and enjoy life?

Then you need the

Living Healthy program.

This **FREE** six-week course
is now being offered in your area!

Discover new skills for
living better with
chronic diseases like:

- Arthritis
- Heart Disease
- Diabetes
- Cancer
- Bronchitis
- Emphysema
- Asthma
- Epilepsy

You'll also learn to:

- Work with your healthcare team
- Manage symptoms
- Use your medication effectively
- Exercise safely and easily
- Handle difficult emotions
- Communicate better about your health with family and friends
- Solve problems
- Relax

**Class size is limited.
Pre-register today!**

Location: Bartow Sr. High Media Center

Dates: 1/7, 1/14, 1/21, 1/28, 2/4 & 2/11

Time: 5:15 p.m — 7:45 p.m.

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