Put Life Back in Your Life

Living Well with Ongoing Health Issues Workshops begin Jan. 20.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain and anxiety, the Living Well with ongoing health issues program can help you take charge of your life. The six-week workshop and the book “Living a Healthy Life with Chronic Conditions” costs only $10.

Living Well serves the communities of Deschutes, Crook and Jefferson counties.

Workshop series offered:
Jan. 20 - Feb. 28

Bend Workshop Times
(please call for class locations)
Jan. 20 to Feb. 24, 2 to 4:30 p.m. (Thursdays)
Jan. 24 to Feb. 28, 2:30 to 5 p.m. (Mondays)
Jan. 24 to Feb. 28, 6 to 8:30 p.m. (Mondays)

For a complete list of
Living Well sponsors or to pre-register, please visit
www.livingwellco.org

(541) 322-7430