

# Healthy Living Workshop

put life back in your life



## Do you want to live a healthier life?

The Healthy Living Workshop is a six-week interactive self-management workshop that meets once a week for two and a half hours. It is designed to help people live a healthier life, build skills and gain self-confidence. Refreshments will be provided.

## What subjects are covered in the workshop?

- Dealing with difficult emotions
- Managing symptoms
- Goal setting & problem solving
- Nutrition & fitness
- Understanding medications
- Making informed treatment decisions

## Benefits of the program...

Participants show:

- Improved overall ability to manage their own personal health
- Enhanced quality of life and ability to remain independent
- Increased frequency of days of better physical or mental health
- Increased relief from pain and fatigue

**SIGN UP NOW. SPACE IS LIMITED.**

## Next workshop:

Every Wednesday beginning 11.5.14, ending 12.10.14  
10:00 am-12:30 pm • North Country HealthCare Flagstaff

To register & for more information contact  
us at 928.533.8853 or [workshop@nchc.org](mailto:workshop@nchc.org)



**NORTH COUNTRY**