



NORTH COUNTRY
HealthCare

**PUBLIC HEALTH
SERVICES DISTRICT
COCONINO COUNTY**



HEALTHY LIVING WORKSHOP

LEARN HOW TO TAKE CONTROL
AND MANAGE YOUR HEALTH



Do you have diabetes, heart disease, COPD, arthritis, cancer, chronic pain, depression or other ongoing health condition? Would you like to make some healthy lifestyle changes?

The Healthy Living Workshop can teach skills to help manage your health.
Enjoy the company and support of others!
Healthy Snacks will be provided.

SIGN UP NOW! SPACE IS LIMITED

Workshop meets once a week for 6 weeks and is FREE!

Next workshop will be offered:

**Tuesdays, January 26-March 1, 2016,
1:00-3:30 PM**

Location: The Peaks, Desert Sheep Room
3150 N Winding Brook Rd, Flagstaff, AZ 86001

To register or be added to the Healthy Living
Email List:

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