

Healthy Living Workshop

put *life* back in your life



Do you want to live a healthier life?

The Healthy Living Workshop is a FREE interactive self-management workshop that meets once per week for six weeks. This workshop is designed for people with chronic conditions, caregivers, and anyone who wants to live a healthier life, build skills and gain self-confidence.

Participants will learn about:

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

SIGN UP NOW. SPACE IS LIMITED.

Next workshop:

Every Tuesday, March 21-April 25; 9:30am-12:00pm

Flagstaff Medical Center West Campus

1215 N. Beaver Street, Flagstaff

Gold Room - 4th floor, turn right out of the elevator

Refreshments will be provided.

NAPEBT employees earn up to 6 wellness points.

To register & for more information contact

Gary at 928.679.7266 or gbotello@coconino.az.gov



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