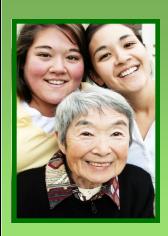


## Supported by Arizona Department of Health Services, Cochise Health & Social Services, CQCH and U/A Cooperative Extension





## Healthy Living Workshops LEARN HOW TO TAKE CONTROL AND MANAGE YOUR HEALTH

Do you have diabetes, hypertension, COPD, arthritis, depression, chronic pain, obesity or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

The workshop is one time per week for 6 weeks with a pre-information meeting. Enjoy the company and support of others living with chronic conditions. **Workshop is FREE! Space is limited** 

## **Workshop Schedule:**

**Introduction Session** 

Wednesday, May 6, 2015 9:00am - 10:00am

Session 1 thru 6

Wednesdays, May 13, 2015 - June 17, 2015 9:00am - 11:30am

## **Location:**

St. Patrick's Church Community Hall 100 Quality Hill Road Bisbee, AZ

To register call Suzanne, 520-432-9493 or email shagle@cochise.az.gov







