



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](mailto:shagle@cochise.az.gov)