

YOU ARE INVITED TO ATTEND LIVING HEALTHY, CHRONIC DISEASE SELF-MANAGEMENT CLASS A FREE AND FUN SIX WEEK PROGRAM TO HELP YOU LIVE A HEALTHIER LIFE !



Tuesday's
10:00 am — 12:30 pm
Sept. 11-Oct. 16, 2018
Turnberry Apartment
733 S White St
Wake Forest, NC 27577
Limited space! Call today!



Living Healthy Chronic Disease Self Management workshop will help you:

- Learn how to manage pain or fatigue***
- Learn how to increase activity and confidence***
- Learn how to eat healthy***
- Feel better and take charge of your Life!***



**To register, contact:
LaTanya Walker
919-397-6975**

Take CONTROL of your Health!