

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 !



**Wednesday's
10:00 am — 12:30 pm
Sept. 12—Oct. 17, 2018**

**Wakefield Manor
10710 Nickelby Way
Raleigh, NC 27614**

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!



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**