

YOU ARE INVITED TO ATTEND LIVING HEALTHY, A FUN SIX WEEK PROGRAM TO HELP YOU LIVE A HEALTHIER LIFE !



Tuesdays
Beginning January 10th, 2012
12:30pm-3pm
Glenwood Towers
509 Glenwood Avenue
See Sue Miller or call
Barbara James
(919) 749-6326

Living Healthy will help you:

- ✓ *Eat healthy*
- ✓ *Manage pain or fatigue*
- ✓ *Increase activity and confidence*
- ✓ *Feel better and take charge!*
- ✓ *Giveaways at every session!*

"This was the most enjoyable class I have ever attended".....G.O participant 7/11

*"I am feeling much better since taking this class",
J.R., participant 7/11*

Sponsored by:



**Talk to your therapist to sign-up or call
Barbara James for more information:
919-749-6326**

Take CONTROL of your health!