

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



**Wednesdays**  
**Beginning January 11th, 2012**  
**1pm-3:30pm**  
**Psych Support**  
**211 E Six Forks Rd. Ste 108**  
**Raleigh, NC**  
**Limited space! Call today!**  
**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!**