

# Living

# Well

## With Chronic Conditions



### Put Life Back into Your Life!

Are you an adult with an ongoing condition?

***Living Well With Chronic Conditions* is a 6-week class where you'll learn:**

- practical ways for dealing with pain and fatigue;
- better nutrition and exercise choices;
- better ways to talk to your doctor and family about your health;
- to find the support you need!

**When: Six Monday evenings**

10/1 - 10/23 and 11/12 - 11/19

**Time: 5:00 - 7:30 pm**

**Where: Sawtooth Mountain Clinic**

Lower Level Classroom

**Cost: \$20**

If you're living with:

- Diabetes
- Arthritis
- High Blood Pressure
- Heart Disease
- Chronic Pain
- Anxiety
- COPD
- or another Chronic Condition

***Sign up today!***



PUBLIC HEALTH &  
HUMAN SERVICES

For more information or to sign up,  
call Chris at (218) 264-0277 or  
go to [www.YourJuniper.com](http://www.YourJuniper.com).

