

Living

Well

Starting
March 21!



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 Thursday evenings

March 21, 28 April 11, 18, 25 May 2

Time: 5:00 - 7:30 pm

Where: Sawtooth Mountain Clinic

Lower Level

Cost: \$20, scholarships available

If you're living with:

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

Sign up today!

JUNIPER
Your Health. Your Community.

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

Sawtooth Mountain Clinic
Together Through Life
a 501(c)(3) not-for-profit organization