



**LIVING
HEALTHY**

FEEL BETTER
TAKE CHARGE

TAKE CONTROL of Your Health In Just 6 Weeks!

For anyone living with a
chronic condition.

Free!

**February 19 through March 26
Six Consecutive Thursdays held at
Jackson County Senior Center**

1:30pm to 4:00pm

Registration required

If you are dealing with a chronic disease and want to better manage your healthcare, then this six week course developed by Stanford University is for you. Anyone who lives with ongoing health conditions such as diabetes, arthritis, heart and breathing problems should join this **FREE** class to learn how to design your own self-management program.

**For more Information or
To Register Contact:
Sue Evans—828-587-8279**

