



REGISTER TODAY!

CALL:

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Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about
Living Healthy workshops.**

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www.doh.state.fl.us/family/arthritis

**Put Life
Back in
Your Life**






Living Healthy

Put Life Back Into Your Life. Consider a Living Healthy workshop.

Are you 18 years of age or older with an ongoing health condition such as arthritis, diabetes, high blood pressure, heart disease, chronic pain, or anxiety? The Living Healthy workshop can help you take charge of your life.

You'll get the support that you need, find practical ways to deal with pain and fatigue, understand new treatment choices, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Sign Up Now. Spaces Are Limited.

-  Join a 2-1/2 hour Living Healthy workshop, held each week for six weeks.
-  Learn from trained leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health and your life.



"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."