



TAKE CONTROL OF YOUR HEALTH!

LIVING HEALTHY!

Are you age 60 or older with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or cancer? The Living Healthy Workshop can help you take control of your health! Attend this 2-1/2 hour workshop, once-a-week for six weeks. This workshop is provided at no cost to adults age 60 and older.

PROGRAM FEATURES

- *Experienced instructors*
- *Progressive curriculum*
- *Set goals*
- *Make a step-by-step plan to improve your health*
- *Manage Pain*
- *Increase Fitness*
- *Manage Medications*
- *Improve Communication with Health Providers*
- *Choose Foods for Health*

Pender County Health Department to host workshop at Pender Adult Services

WHEN: Wednesdays (6 Weeks)
Starting May 3rd

TIME: 9:30am-12pm

ADDRESS: 901 S. Walker St.
Burgaw, NC 28425

REGISTER NOW

910-259-0619 

stodd@pendercountync.gov 