

Living Well Workshop

Chronic Disease Self-Management Program

Do you have diabetes, arthritis, heart or lung disease, high blood pressure, cancer, pain, depression, or other health conditions?

Want to feel better and improve your health? Having a hard time getting started? Feeling stuck?

This workshop is for you!

- Meet *once a week* for 6 weeks. Refreshments provided.
- Get a book and a relaxation CD.
- Earn an 8-week membership to the YMCA!
 - Must attend at least 4 of the 6 classes. Not available if you are a current or previous YMCA member.
- **FREE! CALL 772-8588 to register.**



FHC – Portland 2215 Portland Ave. 40212	Attend every Friday, 3/11 to 4/15, from 10:00 AM to 12:30 PM.
FHC – East Broadway 834 E. Broadway 40204	Attend every Monday, 3/14 to 4/18, from 2:00 to 4:30 PM.
FHC – Portland 2215 Portland Ave. 40212	Attend every Monday, 3/21 to 4/25, from 6:00 to 8:30 PM.
YMCA – Southwest 2800 Fordhaven Rd. 40214	Attend every Saturday, 3/26 to 4/30, from 10:00 AM to 12:30 PM.
FHC – East Broadway 834 E. Broadway 40204	Attend every Thursday, 5/12 to 6/16, from 5:30 to 8:00 PM.
FHC – Portland 2215 Portland Ave. 40212	Attend every Friday, 5/13 to 6/17, from 10:00 AM to 12:30 PM.

