

Living Well Workshop

Living Well With Chronic Conditions Spring 2014 Scheduled Workshop

Put life back into your life.

Recommended for adults with all types of ongoing health conditions and their caregivers. Learn skills and gain confidence to deal with your life's challenges, such as practical ways to deal with pain, fatigue, better nutrition and exercise choices. You will become a better 'self manager' of your health and the investment of your time will bring life changes far beyond your expectations.

Join Us!

WHEN

Wednesdays, April 23 - May 28

TIME

1:30 - 4 p.m.

WHERE

Kettle Moraine YMCA, BMO Conference Room
1111 W. Washington Street, West Bend

The workshop is free.

The textbook is provided during the workshop and is available for purchase for \$20 if desired, not required.



Registration required. Space is limited. Please call **800-272-3666**.

This workshop is sponsored by Froedtert & the Medical College of Wisconsin St. Joseph's Hospital.