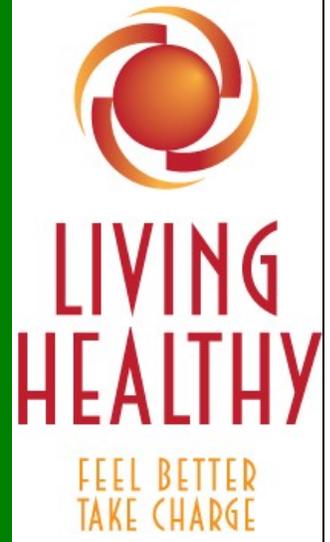




Control Your Health Condition... Don't Let Your Condition Control You...



Are you age 60 and better 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!



★ **FREE** 2 1/2 hour workshop, once a week for six weeks

★ Learn from trained volunteer leaders

★ 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



Tuesday mornings

10:00 am—12:00 pm

April 22— May 27

Registration Required

(252) 926-5289

Liz Mumm, HEd.

Greater Piney Grove Church of Christ (Class size is limited)

Funding for the workshop has been provided by the Vidant Pungo Hospital Foundation Community Benefits
For more information about the Community Benefits please see www.vidanthealth.com