

What if you had...
...more energy?
...less pain?
...less stress?

Think of the possibilities!



You are invited to this ***FREE*** 6-week class:

Living Well with Chronic Health Conditions

The course is led by two certified leaders who live with the challenges of having a chronic health condition or care for someone who does. Classes are fun and interactive - learn how to put LIFE back into your life!

- Get the support you need
- Find practical ways to deal with stress and fatigue
- Discover better nutrition and exercise options
- Learn better ways to talk with doctors and family about health concerns
- Understand new treatment choices
- Learn how to live a fuller, healthier life



LEGACY LINK
Area Agency on Aging

4080 Mundy Mill Road
Oakwood, GA 30566

Thursdays, September 17 - October 22, 2015 / 9:30 am - Noon

Space is Limited - Register Today !

Lisa Howard * 770-538-2711

Feel better * Be in control * Do the things **YOU want to do**

A Chronic Disease Self-Management Program developed by Stanford University