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Put *Life* Back in Your Life

Feel better
Be in control
Do the things you want to do



Find out more about
You Can! Live Well Virginia!
Chronic Disease
Self Management Workshops

Call 434-817-5271

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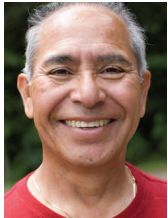
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Put Life Back Into Your Life.

Are you living with a chronic condition such as arthritis, high blood pressure, heart disease or chronic pain?

The **You Can! Live Well, Virginia!** workshop can help you take charge of your life.



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



At a **You Can! Live Well, Virginia!** workshop you will:

- ◆ Find practical ways to deal with pain and fatigue
- ◆ Discover better nutrition and exercise choices
- ◆ Understand new treatment choices
- ◆ Learn better ways to talk with your doctor and family about your health
- ◆ Get the support you need
- ◆ Make a step-by-step plan to improve your health – and your life

Sign Up Now.

Join a free 2 ½ hour **You Can! Live Well, Virginia!** Workshop, held each week for six weeks.

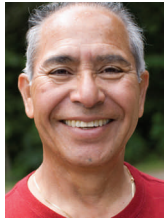
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