



Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about
Live Well, Virginia!
workshops.**

**Put *Life*
Back in
Your Life**



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Back in
Your Life**



***Live Well, Virginia!*
Chronic Disease Self Management
Education**


Are you living with an ongoing health condition?


Consider a *Live Well, Virginia!* Workshop.


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the [insert your program name] Workshop can help you take charge of your life.

Sign Up Now. Spaces Are Limited.

 Join a free 2 ½-hour workshop, held each week for six weeks.

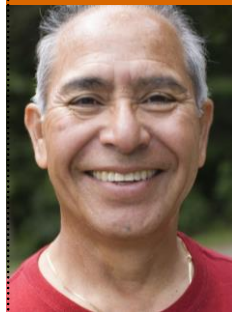
 Learn from trained volunteer leaders, some with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and enjoy your life!

“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



To register or get more information, please call:



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



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”