

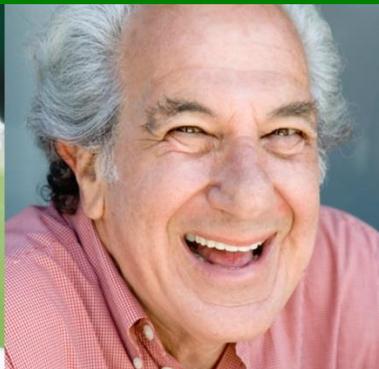
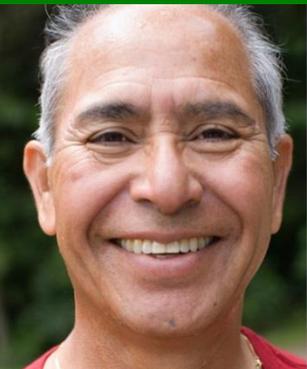


Live Well, Virginia!



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. *Live Well Virginia!* workshops put me back in charge. Now I have the energy to do the things that matter. I can live well!

Live Well, Virginia!
Chronic Disease Self Management Education
Sign up for a workshop now!



Call (phone number)