"LIVING A HEALTHY LIFE"

SIGN UP NOW AND TAKE CONTROL OF YOUR HEALTH!



Do you have diabetes, heart disease, arthritis, anxiety, or other chronic health conditions?
This **FREE**workshop will show you how to manage these conditions and much more.

Learn how to overcome the challenges of living with any chronic condition

- Make healthy food choices
- Increase activity and exercise safely
- Cope with pain & fatigue
- Communicate effectively
- Develop action plans & improve your wellbeing

Receive a FREE resource book and CD of relaxation techniques

Workshops are coming up so call today to register!

Registration required & seats are limited!

Contact Adrienne Weston to register

417-781-7562 ext 28

aweston@aaaregionx.org







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