

Living Well in Idaho



Feel better.
Live healthier.
Save on costs.

Attend this valuable
6-part workshop!

Tuesdays, July 22 - August 26
1:00 - 3:30 pm
AARP Office
3080 Gentry Way, Suite 100, Meridian

Manage your chronic health conditions

Persons with any ongoing conditions can benefit: Diabetes, high blood pressure, heart disease, COPD, arthritis, asthma, depression, and more.

Learning how to better manage your health can help you “put life back in your life” - less pain, less fatigue, and possibly fewer visits to your doctor. Caregivers, families, or friends are welcome to attend and benefit from the workshop. \$50 fee may apply.

Scholarships Available!



For more information, or to register,
call **333-1363 x 243**

