

# Living Well in Idaho



Feel better.  
Live healthier.  
Save on costs.

Attend this valuable  
6-part workshop!

**Wednesdays, May 7 - June 11, 10 am - 12:30 pm**

**St. Luke's Heart Health**

**3525 E. Louise Dr., Suite 500, Meridian**

**OR**

**Saturdays, June 7 - July 12, 1:00 - 3:30 pm**

**Genesis Community Clinic**

**215 W. 35th Street, Garden City**

## 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**

