

# Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Well in Idaho workshops put me back in charge.

Now I have the energy to do the things that matter.  
I've put life back in my life.

Living Well in Idaho



This **FREE** 6-week interactive workshop is for **anyone aged 50+ with at least one chronic health issue**, including:

diabetes, heart disease, hypertension, asthma, lung disease, arthritis, stroke, anxiety, depression and more.

Come to our free workshop!

Workshop begins  
**Monday, August 2<sup>nd</sup> 2010—6pm**  
**Mountain Home Library**  
790 North 10th East



**Elmore Medical Center**  
Center for Community Health

For more information, call Brad at  
**587-8401 ext. 261**