

Living Well in Idaho

Enroll in free classes to help manage ongoing health conditions!



Learn skills to help manage:

- Pain and fatigue
- Difficult emotions, anxiety and stress
- Communication with your family and doctors
- Medication usage
- Goal-setting and problem solving

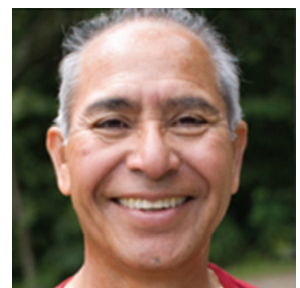
Persons with any ongoing conditions can benefit: Diabetes, high blood pressure, heart disease, COPD, arthritis, asthma, depression, and more.

Families, friends, and caregivers are welcome to attend.

Next workshop:
Every Friday from Oct. 7th to Nov. 18th
1:30pm-4:00pm
Mountain Home Senior Center

Classes are free! Register and save your seat by contacting the EMC Center for Community Health:

587-8401 ext. 261
or
wiersmab@slhs.org



Elmore Medical Center
Center for Community Health