



Looking for a way to save costs associated with your ongoing health issues?



Living Well in Idaho can help.

Created by Stanford University, the CDSMP program a.k.a. **Living Well in Idaho** is a FREE 6-week workshop that helps you learn how to manage your ongoing health issues. The program provides guidance and tools to help you get back to “Living Well.” Participants share experiences and learn from each other with the assistance of a trained facilitator. Those who completed the 6 weekly sessions have reported needing fewer visits to the doctor-that means more money in your pocket. Now that’s ‘living well’!

NEXT WORKSHOP BEGINS:
Saturday February 26th, 9am-
11:30am - Mountain Home Public
Library Conference Room

Call EMC Center for
Community Health for info
587-8401 ext. 261