Living Well

With Chronic Conditions

Six weeks. 15 hours. A lifetime of new options for a healthier you!

Managing your health starts with taking care of yourself. The Living Well workshop offers you a hands-on opportunity to discover solutions that work with your life, and your health concerns. ***Do you want to Live Well?***

When: Thursdays, Oct. 11th-Nov. 15th, 1-3:30pm
Where: Bethany Lutheran Church Fellowship Hall, Siren, WI
Cost: $10/person
Please register by calling the ADRC at 877-485-2672.

ADRC
Aging & Disability Resource Center of Northwest Wisconsin