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: Fridays, 9-11:30am
May 25th-June 29th, 2018
Where: North Conference Room, Polk County Government Center, Balsam Lake
Cost: $10/person
Please register by calling the ADRC at 877-485-2672.

ADRC
Aging & Disability Resource Center of Northwest Wisconsin