



Join Us

Every Thursday, May
4th-June 8th

4:30-7:00pm

Cost: \$10—helps cover
the cost of the book.

Meeting at:
Burnett Medical Center
Grantsburg, WI

Call 877-485-2372 to
Register Today!

Presented to you in partnership:



Polk County Public Health
Burnett Medical Center
Wisconsin Institute for
Healthy Aging

Put Life Back in Your Life

**Are you an adult with an
ongoing health condition?**

The *Living Well with Chronic Conditions* workshop can help you get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Living Well is an evidence-based workshop for adults of all ages who have one or more chronic conditions.

Learn from the experience and training of two Registered Nurses and *put life back in your life.*