



Feel better.

Be in control.

Do the things
you want to do.

Join Us

Thursdays

1:00-3:30pm

(Oct 13, Oct 20, Oct 27,
Nov 3, Nov 10, Nov 17)

Elmbrook Church

777 S. Barker Rd.
Brookfield, WI 53045

Put Life Back in Your Life

Are you an adult with an ongoing health condition?

In this *Living Well with Chronic Conditions* Workshop you will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."

To Register Call:

Sherry Bennet
262-796-5733