

Learn to Feel Better!

HEALTHIER LIVING WORKSHOP

for people with Chronic Conditions

If you or someone you know is living with a chronic health condition this free workshop is for you! Learn how to deal with frustration, fatigue and pain, manage symptoms and medications, and improve strength and flexibility

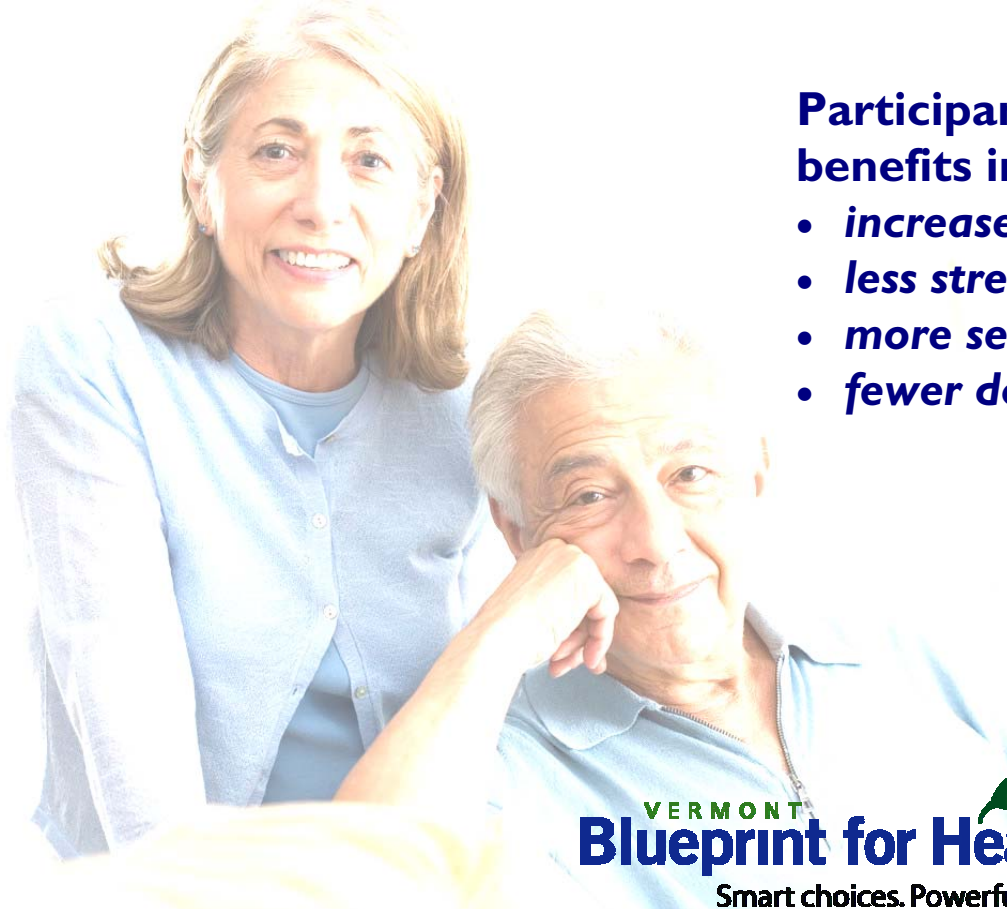
DATES: Thursdays

January 28th — March 4th

TIME: 1:00 to 3:30 PM

LOCATION: Heineberg Senior Housing

CALL 847-2278 TO REGISTER.



Participants report many benefits including:

- *increased energy*
- *less stress*
- *more self-confidence*
- *fewer doctor visits*

VERMONT
Blueprint for Health
Smart choices. Powerful tools.



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