



Supported by Greenlee County Health Department and The Arizona
Living Well Institute (AzLWI)



Healthy Living Workshops LEARN HOW TO TAKE CONTROL AND MANAGE YOUR HEALTH



Do you have diabetes,
heart disease, COPD,
arthritis, high blood pressure,
fibromyalgia, chronic pain, other
ongoing health conditions, or
know of anyone who does?

The Healthy Living workshop can teach you the skills you need
to manage your condition and get your life back!

*Workshop is 1 1/2 hours for 6 weeks. Come and enjoy the company and support of
others living with chronic conditions.*

Workshop is **FREE OF CHARGE** to participants!

Registration is Required!

To register:

Call Coreena or Sheryl @ 928-865-2601
Or email: cmartinez@co.greenlee.az.us

Time: 1:00 pm-3:30 pm

Dates: Feb. 4th – March 11th
6 week course 1 day a week.

Where: Greenlee County Health Dept.

Healthy Snacks are provided!



Prizes will be awarded