



## Living Healthy 6-week Workshop

Feel **BETTER**, be in **CONTROL**, do the things **YOU** want to do.



**REGISTER NOW! FREE to ATTEND**  
**518-884-4110**

Are you tired,  
anxious or in pain?

Are you unsure about  
how to best handle an  
ongoing  
health condition?

**JOIN US!**

Discover fresh,  
practical ways to live  
better & healthier.

Learn the tools to  
manage and take  
control of your  
**health.**

**FREE 6-WEEK**  
Living Healthy Workshop

**THURSDAYS**

**1:30 - 4:00**

**April 21**

**May 5, 12, 19, 26**

**June 2**

**MALTA COMMUNITY CENTER**  
**1 BAYBERRY DRIVE**

*Participants will receive a **FREE** Living  
Healthy Book and Relaxation CD  
valued at over \$25!*

**518-884-4110 REGISTER NOW FOR A LIVING HEALTHY WORKSHOP NEAR YOU!**