



# 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**

**WEDNESDAYS**  
**11:30 am - 2:00 pm**  
**May 4, 11, 18, 25**  
**June 1, 8**

**YMCA of Saratoga**  
**290 West Ave**  
**Saratoga Springs**

*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!**