



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

MONDAYS
1:30 - 4:00pm
Sept 28, Oct 5, 19, 26,
Nov 2, 9

VAN SCHOONHOVEN SQUARE
1 VAN SCHOONHOVEN SQUARE
WATERFORD

*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!