



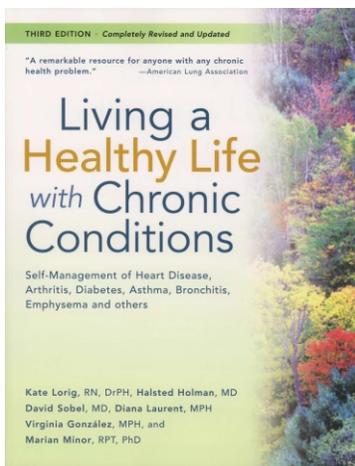
Take Control of Your Health

Living Well workshops help you...

- Take control of your health using small steps toward positive changes and healthier living
- Manage medications
- Eat healthier
- Start a physical activity program
- Manage stress and learn relaxation techniques
- Get support in quitting tobacco use

Join Us!

- 6 week workshop
- Tuesdays, April 16 - May 21 from 5:30 - 7:30 p.m.
- Lincoln-Lancaster County Health Department Training Center
- Light snacks and refreshments provided
- For City-County Employees and family members



A Chronic Disease Self-Management Program developed by Stanford University

All participants receive an easy to follow book that outlines day to day management techniques and positive approaches to difficult changes, plus a relaxation CD.

To register for this FREE workshop, contact:

Sandy Keller, RN

Lincoln-Lancaster County Health Department

402-441-4605

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Visit the Living Well Website

www.livingwellne.org