

Do you, or does someone you care for
live with a *chronic health condition*?

Help Yourself to Better Health

With *Living Well*
A FREE 6-Week Workshop

Call 865-6913
Email: patientlearner@gmail.com
Class size limited to
10 participants
Pre-Registration
Required

You Will Learn to:

- feel more confident
- set and meet goals
- improve energy balance
- relax to reduce stress
- effectively communicate



Summer Class won't work
with your schedule?

Ask About
Fall and Spring Classes!!

Summer Class

Wednesdays
July 10th—August 14th
10:00am — Noon
Peterson Senior Center
Yanney Heritage Park
Kearney, NE