



## Living Healthy Workshop

Interactive/6 Week/Once-a-Week/Workshop

Wednesdays @ 1:00 - 3:30 pm

Starting February 22, 2012

At Plantation Central Park

9151 NW 2nd Street

954-452-2510



Learn techniques on how to:

- \* Handle difficult emotions
- \* Exercise safe and easily
- \* Eat well
- \* Solve problems
- \* Communicate better with family

Learn Self-Management Skills for Chronic Illness

- \* Arthritis
- \* Asthma
- \* Bronchitis
- \* Diabetes
- \* Emphysema
- \* Heart Disease
- \* Other Chronic Health Conditions



Free Workshop  
Refreshments will be served  
Pre-registration Required

