



**Feel better.**  
**Be in control.**  
**Do the things**  
**you want to do.**

**Join Us**

*For six consecutive Wednesdays beginning*

**March 5-April 9, 2014**  
**Potosi Fire & Rescue Building**  
**210 North Main Street**  
**Potosi, WI 53820**  
**1:00pm-3:30pm**

**No charge for this life-  
altering workshop**

**Food & beverage provided**

**Sponsored by: ADRC,  
Grant Regional Health Center  
and Potosi EMS.**

# Put Life Back in Your Life

Are you an adult with an ongoing health  
condition?

In this *Living Well with Chronic Conditions*  
Workshop you will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.



*"This workshop put me  
back in charge of my life,  
and I feel great. I only wish  
I had done this sooner."*

**To Register Call:**

**Carol Hughey**

**ADRC**

**608-723-6113**