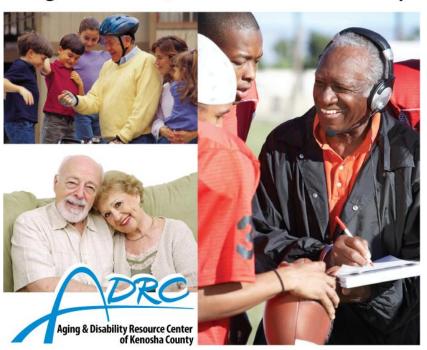


## Do you have ongoing medical problems?

Whatever health issue you're facing it's time to take charge and enjoy a better quality of life.

Living Well... A fun, interactive course developed by Standford University to help you:



- Manage pain & symptoms
- Reduce depression & frustration
- Increase fitness & self-confidence
- Relax
- Reduce hospital visits
- Increase energy

To find out more about the Living Well workshops offered in your area call

Kenosha ADRC at: 262-605-6646 or 262-605-6650