



Put **LIFE** Back in Your Life!

## 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 Stanford 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**



Aging & Disability Resource Center  
of Kenosha County