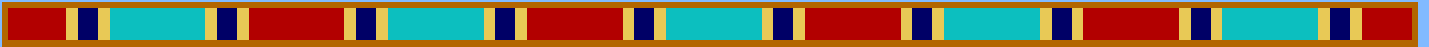




## Living a Healthy Life With Chronic Conditions

- Join a 2 ½-hour Living a Healthy Life Workshop, held for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.



**Where:** Jasonville Library, 611 West Main St, Jasonville

**Dates:** August 16, 23, 30 September 6, 13 & 20 (Participants attend all sessions)

**Time:** 1:30—3:00 pm

**Contacts:** Sandy Carpenter 812-381-0441

Dodie Uhl 812-482-1766 or [akramer@vinu.edu](mailto:akramer@vinu.edu)

# RESERVE YOUR SPOT TODAY!



Put Life  
Back in  
Your Life

