Do you, or does someone you care for live with a *chronic health condition*?

**Help Yourself to Better Health**

With **Living Well**

A FREE 6-Week Workshop

You Will Learn to:
- feel more confident
- set and meet goals
- improve energy balance
- relax to reduce stress
- effectively communicate

Call 865-6913
Email: patientlearner@gmail.com

Class size limited to 10 participants
Pre-Registration Required

**Summer Class**

Wednesdays
July 10th—August 14th
10:00am — Noon
Peterson Senior Center
Yanney Heritage Park
Kearney, NE

Summer Class won’t work with your schedule? Ask About Fall and Spring Classes!!