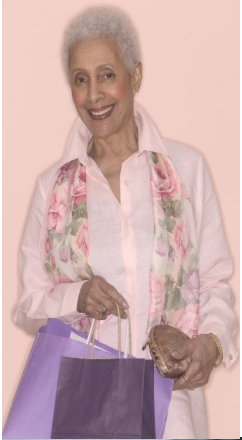




# Control Your Condition... Don't Let Your Condition Control You!

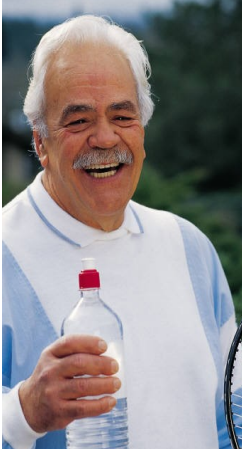


Whatever health issue you're facing, it's time to take charge and enjoy a better quality of life.



**Living Healthy** is a fun, interactive workshop that can help you:

- ★ Manage pain & fatigue
- ★ Lessen depression & frustration
- ★ Increase fitness & self confidence
- ★ Choose foods for health
- ★ & **more!**



Nothing beats a chronic health condition like self-management!

Attend a **FREE** 2 1/2 hour session, once a week for 6 weeks to learn the tools needed to control your condition. Participants will also receive a copy of the "Living a Healthy Life" workbook and relaxation CD.

**Thursdays: June 13, 20, 27, July 11, 18, & 25**  
**Time: 9:00am-11:30pm**  
**Perquimans County Senior Center**  
**1072 Harvey Point Road, Hertford, NC 27944**

This workshop is offered by the *Albemarle Commission Area Agency on Aging*. To register, please visit the **Perquimans County Senior Center** or call **252-426-5404**.

