



We invite you to participate in a shared learning workshop.

**At: Active Day-900 Skyline Dr.
Suite 301, Marion, IL**

**Feb. 6-March 13th
On Tuesdays 10am to 12pm**

**To Register Call:
1-618-985-8322**



- Join a free 2 hour, once a week, 6 week support program, “Take Charge of Your Health: Live Well, Be Well” Workshop
- Set your own goals and make a step-by-step plan to improve your health—and your life.
- Learn from trained volunteer leaders with health conditions themselves.
- **Provided in a comfortable environment.**

**Take Charge of Your Health:
Live Well, Be Well has a
successful track record in
changing lives.**

Are you an adult with an ongoing health condition? Are you a caregiver of someone with an ongoing health condition?

If you or someone you care for has a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Take Charge of Your Health: Live Well, Be Well Workshop can help YOU.

This program will provide you with the support you need to find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

**Take Charge of Your Health:
Live Well, Be Well**

For anyone who wants to learn how to thrive with a chronic disease and not simply survive.



**Shawnee Alliance
In partnership with
Active Day in Marion**