



“My pain was my boss.
It was telling me what I
could and couldn’t do.
This workshop put **ME**
back in charge.”

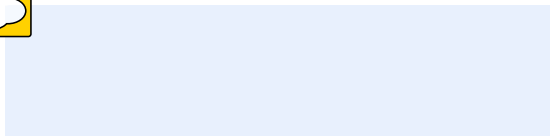
– Sue from Washington

Take charge of your health with [PROGRAM NAME]

Don’t let an ongoing health condition rule your life. If you have diabetes, arthritis, high blood pressure, heart disease, pain, anxiety, or another chronic condition, sign up today for [PROGRAM NAME] offered by [ORGANIZATION NAME].

Attend a **FREE** 6-week workshop and discover how to:

- Eat well and exercise safely
- Explore new treatment options
- Cope with pain and fatigue
- Talk with your doctor



Spaces are limited! Call today: xxx – xxx – xxxx

