

Make a step-by-step plan to improve your health—and your life.



“The class helped me manage my diabetes better, and my A1C is within normal limits now.”

— John in Virginia

“I have learned there are people like me, not living life to the fullest because of a chronic condition, and that we can move forward.”

— Caroline in Washington



“After taking the workshop, I have since lost 25 pounds. I began exercising and eating healthier. After losing the weight along with proper nutrition and exercise, I have been able to get off my blood



pressure medicine and my blood pressure now runs about 130/70. I feel great and have a lot more energy.”

—Sam in Virginia



Sign up today—and take charge of your health!

[PROGRAM NAME] is **FREE**, but spaces are limited.

Call today: **xxx-xxx-xxxx**



[ADDRESS]

[ADDRESS]

[WEBSITE]

“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]



[ADDRESS]



Don't let an ongoing health condition rule your life.

Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge. But it doesn't have to be.

[PROGRAM NAME] offered by **[ORGANIZATION NAME]** can help you take charge of your health—and feel better.



Get practical tips that you can use right away.

[PROGRAM NAME] is a 6-week workshop that meets for 2.5 hours each week.

- Get support from people like you who are living with ongoing health conditions
- Learn relaxation and other strategies to deal with pain, fatigue, and frustration
- Discover how healthy eating can improve your condition
- Create an exercise program that works for you
- Understand new treatment choices
- Explore how to talk with your doctor and family about your health



[PROGRAM NAME] is **FREE** and **proven to work.**

Research has found that people who complete **[PROGRAM NAME]**:

- Feel healthier and have a better quality of life
- Experience fewer sick days and days in depression
- Are better able to manage symptoms like fatigue, pain, shortness of breath, stress, and sleep problems
- Are more physically active
- Improve communication with their doctors
- Take medications as prescribed
- Feel more confident when completing medical forms