



**Tuesdays, 12:30 to 2:30 p.m.
March 12 through April 16**

**Victory Park Center
600 S. 70th St. (classroom 105)**

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity and medication management. Register early as class size will be limited!

To register, call 402-441-7575 today!