



Living a Healthy Life

People with health conditions have many similar concerns and problems. This free six-week workshop is helpful for people with arthritis, asthma, diabetes, heart disease, chronic respiratory disease, depression, osteoporosis, fibromyalgia, lupus and other chronic disease. Topics will include pain management, stress management, exercise, sleep disorders, relaxation and communication skills.

To register please call :417-778-7342

Location: Alton Senior Center

Times: 9:00 a.m.-12:00 p.m.

Class Dates: Dec. 19th—Jan. 23th