



Supported by Arizona Department of Health Services,
Copper Queen Community Hospital, Cochise Health &
Social Services and U/A Cooperative Extension



Healthy Living Workshops

LEARN HOW TO TAKE CONTROL AND MANAGE YOUR HEALTH



Do you have diabetes, hypertension, COPD, arthritis, depression, chronic pain, obesity or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

The workshop is one time per week for 6 weeks with a pre-information meeting. Enjoy the company and support of others living with chronic conditions. **Workshop is FREE! Space is limited**

Workshop Schedule:

Session 1 thru 6

Tuesdays, March 11 - April 15, 2014

9:00am - 11:30am

Location:

Health Matters Building

850 W Highway 92

Bisbee, AZ

To register call **Suzanne, 520-432-9493**
or email shagle@cochise.az.gov

