



*Improving health one step at a time.*

**Does someone you love have a chronic health condition?**

# *Living Well Alaska:*

## *Better Choices, Better Health*

Feel better and get support for improving your health in this doctor recommended workshop. This class is helpful for people with conditions like:

- arthritis
- heart problems
- diabetes
- depression
- asthma
- high blood pressure
- chronic pain
- multiple sclerosis

*Wednesdays, Jan. 23 through Feb. 27, 2013 from 10:00 a.m. to 12:30 p.m.*

*Anchorage Senior Activity Center, Anchorage, AK*

**For more information or to register contact Carmon Montano at 258-7823**



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