



Improve your health one step at a time.

**Take Charge.
Feel Better!**

Living Well Alaska:

*Better Choices,
Better Health*

Learn how to feel better. Make friends and get support for improving your health in this doctor recommended workshop. This class is helpful for people with on-going health conditions like arthritis, heart problems, diabetes, depression, asthma, high blood pressure, or chronic pain.

Thursdays, Jan. 24 through Feb. 28, 2013

6:00-8:30 p.m.

Jitters Coffee House, Eagle River Shopping Center

For more information or to register contact Dani Martin at 212-2595
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