

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
- Depression
- Chronic conditions
- Heart problems
- Diabetes
- Asthma
- High blood pressure
- Multiple sclerosis

Wednesdays, February 18, 2015 – March 25, 2015
1:30 p.m. – 4:00 p.m.

Providence Health Park - Cancer Center, Rm. 2285
3851 Piper Street, Anchorage

Call Karen Hollar at 212-3424 for registration or information.



Do you or does someone you love have a chronic health condition?