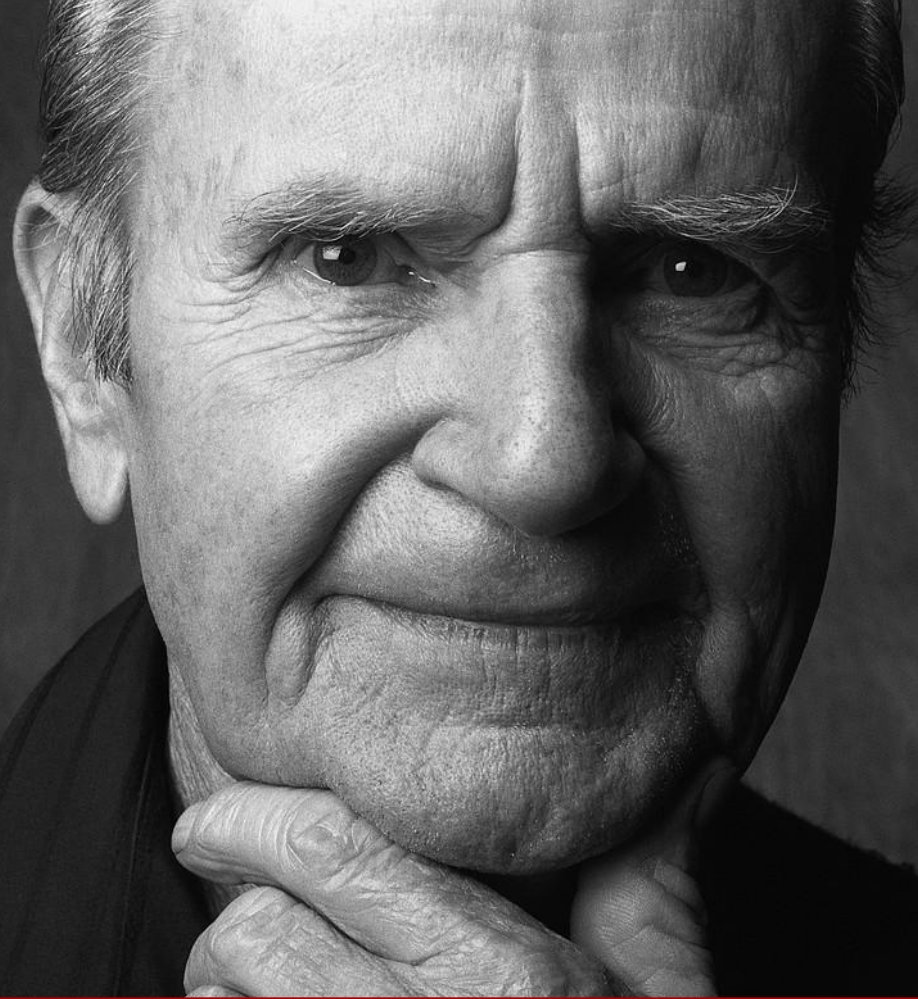


**It's
MY
health.**

**It's
MY
life.**



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do.

**Living Healthy workshops put me back in charge.
Now I have the energy to do the things that matter.
I've put life back in my life.**

Living Healthy

**Next workshop series begins Wednesday, January 11
9:15 - 11:30 am**

Dates of series: January 11, 18, 25, February 1, 8, 15

Living Healthy is a FREE workshop being offered at:

Whitaker Mill Senior Center

401 E. Whitaker Mill Rd. Raleigh, NC

Call Barbara to sign up 919-749-6326



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**