

# Living Well Workshop

- Feel Better
- Be In Control
- Do The Things You Want To Do



*"I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. The Living Healthy workshops put me back in charge. Now I have the energy to do the things that matter."*

## Learn real life skills for living a full, vital life with on-going conditions like:

- Heart Disease
- Asthma
- Depression
- Diabetes
- Arthritis
- Chronic Pain or Fatigue

## Living Well Workshop:

- FREE
- 2 ½ hours per week; 6 weeks
- Set your own goals.
- Create step-by-step action plans to improve health.
- Build confidence around managing health, staying active and enjoying life!

## Upcoming Workshops

### Woodburn Health Center (formerly Wellspring)

**January 16-February 20**  
Mondays, 9:30am – Noon

**January 24-February 28**  
Tuesdays, 5:30pm - 8pm

**February 27-April 4**  
Mondays, 5:30pm - 8pm

*Pre-registration is required,  
971.983.5212*

## Living Well

### Woodburn Health Center

1475 Mt. Hood Avenue, Woodburn Oregon, 97071  
971.983.5212 [silvertonhealth.org](http://silvertonhealth.org)