



Feel better.

Be in control.

**Do the things
you want to do.**

Join Us

March 14 - April 18

5pm -7:30 pm

Greendale Library
5647 Broad Street
Greendale, WI 53129

Cost: Free



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

To Register Call:

**Greenfield Health
Department**

414-329-5275

Put Life Back in Your Life

**Are you an adult with an ongoing
health condition?**

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the ***Living Well*** Workshop can help you take charge of your life.



Series offered in partnership by:

Franklin Health Department

Greendale Health Department

Greenfield Health Department

Greenfield Fire Department

Milwaukee Department on Aging