

BETTER CHOICES BETTER HEALTH

LIVING WELL WORKSHOP

PUTNAM COUNTY
SENIOR CENTER

WEDNESDAYS AT 10:30AM

FEB. 8, 15, 22, 29,
MARCH 7, & 14.



Diseases such as heart and lung disease, diabetes, and arthritis, can't be cured nor do they simply disappear. Your quality of life depends on how you manage them.

Take control of your health in just six weeks. Learn techniques to manage your symptoms, work with your healthcare professional, and meet personal goals.

Put Life Back Into Your Life



For more information, contact Nicole Gaither at 478-751-6466