Living Well Alaska: Better Choices, Better Health

A six-session weekly workshop for adults with ongoing health conditions and their family or caregivers.

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 Well workshops put me back in charge.

I’ve put the life back in my life!

January 16th - February 20th, 2019
Wednesdays, 4:30 - 6:30 PM
Homer Medical Center, 4136 Bartlett Street

Cost: $10 for the entire 6-week series
Contact: (907) 235-0285 to register or for more information
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A six-session weekly workshop for adults with ongoing health conditions, and their family or caregivers.

It’s MY health. It’s MY life.

Living Well workshops helped me take control of my ongoing health condition rather than letting it control me.

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