

# 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!

**NEW DATES!**  
**call today!**

**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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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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