



Living Well With Chronic Disease

Join us for a **FREE** six week
(1x/week for 2 ½ hrs.)
workshop in **St. Helens**



Sign Up Now!

Time: 9:00am – 11:30am

Dates: Tuesdays February 21 – March 28, 2017

Location of Workshop: Plymouth Presbyterian Church

2615 Sykes Road, St. Helens, OR 97051

Who: Anyone living with chronic disease and caregivers/ family members of people living with Chronic Disease. All ages welcome.

To Register: Call Ashley Baggett at TPFCC at 503-397-4651 x2007.

Living Well workshops are fun, interactive classes that provide you with tools for living a healthy life with diabetes and other chronic conditions.

- Class participants receive a free book!

Sponsored by:

The Public Health Foundation of Columbia County (TPHFCC), Community Action Team, NW Senior and Disabilities, and Health Insight.

Testimonial: “ 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.”