

Put Life Back in Your Life



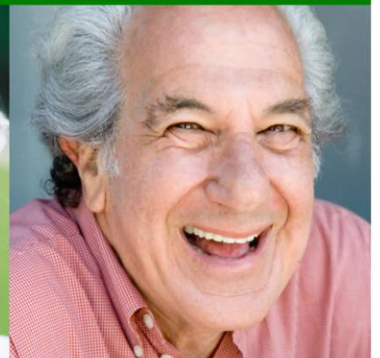
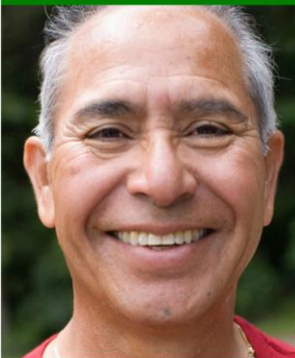
Living Healthy - free 6 week workshop to help you take control of your health rather than letting it control you.

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, depression or any other chronic disease, **Living Healthy is for you.**

Mondays
April 1 through May 6
10:00 a.m. – 12:30 p.m.

Moore County Cooperative Extension Office
707 Pinehurst Avenue
Carthage, NC 28327

Register for this FREE class by calling
Isa Granados at (910) 715-1509 or
Janice Roberts at (910) 947-3188



LIVING HEALTHY

FirstHealth
COMMUNITY HEALTH SERVICES

98-174-13

NC COOPERATIVE
EXTENSION

