



# LIVING WELL

## FOR YOU, YOUR FAMILY & YOUR HEALTH

Join us for our LIVING WELL class series.  
Living Well is a **6-week** class series that will help you improve & take control of your health!

- Free Screenings: cholesterol, blood pressure, weight/bmi
- Interactive & Fun • Supportive

**Living Well will benefit people with any chronic health condition:**

Arthritis, Diabetes, Heart Disease, Cancer, High Blood Pressure, Fibromyalgia, Depression, Obesity, Parkinson's, Asthma and many more.

**READY TO GET STARTED?**

**DAY OF WEEK:** Each Wednesday for 6 weeks

**DATES:** 7/22, 7/29, 8/5, 8/12, 8/19, 8/26

**TIME:** 8:00 am

**LOCATION:** The Joy Center;  
(Norfolk Senior Center); Norfolk, NE

**COST:** Free

### TOPICS INCLUDE:

- Medication & Symptom Management
- Healthy Eating
- Physical Activity
- Problem Solving
- Working with your Health Care Team
- Action planning and decision making

### REGISTRATION REQUIRED:

[elvphd.ne.gov](http://elvphd.ne.gov) (click on Class/Event)

or

**Call 402-529-2233  
or SCAN BELOW**



**402-529-2233**



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