

Healthier Living Colorado™



- ⇒ Do you or anyone you know have an ongoing health condition such as **heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, or cancer?**
- ⇒ Are you **sick and tired** of being sick and tired?
- ⇒ Do you enjoy social interaction?
- ⇒ Do you enjoy helping others?
- ⇒ Are you comfortable with a class setting?
- ⇒ Can you relate to others suffering from some type of ongoing health condition?

FREE

6 week course beginning **Wednesday, July 10th, 2013**, from **1pm to 3:30p.m.** at the **Wiley Community Center.**

Please register for classes by July 3rd by calling **719.336.0478** extension 8 for health navigation line.

Books are provided in the classroom at no cost.

Help yourself take control and feel better!