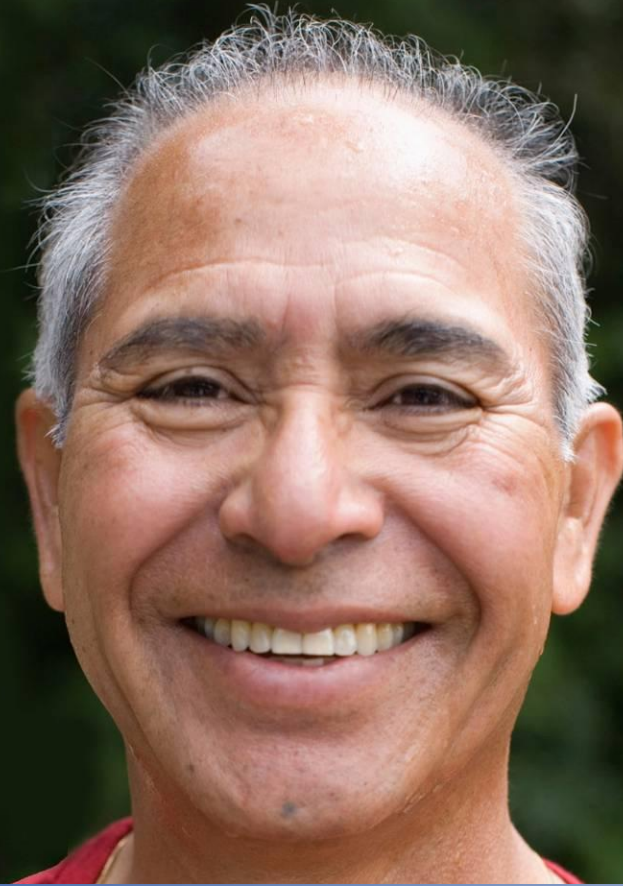


Put Life Back In Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Participating in a Living a Healthy Life with Chronic Conditions workshop put me back in charge.

Now I have the energy to do the things that matter.

I've put life back in my life.



Living a Healthy Life
With Chronic Conditions

**Living a Healthy Life with Chronic Conditions workshops are being held at:
Purdue University Calumet – Fitness and Recreation Center**

Begins Thursday, March 1st, 4:30-7:00 pm
Every Thursday through April 5th
Registration Required



To register or learn more, contact:

Martha Lowry, Wellness Coordinator – 219.989.2709



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