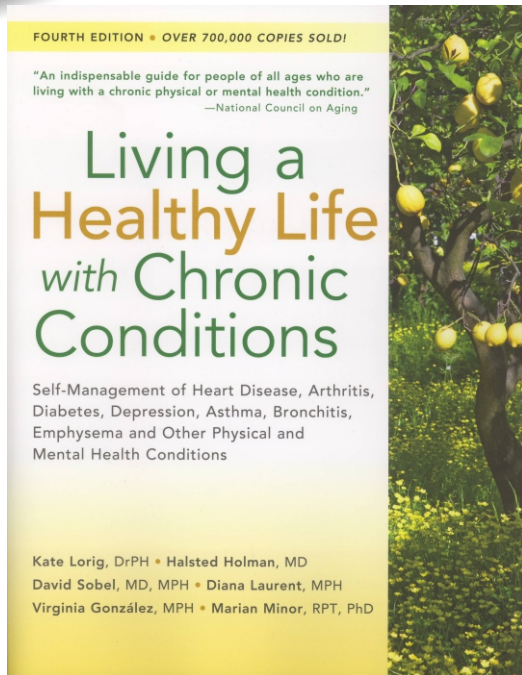




Health Education Series



Living a **Healthy Life** with Chronic Conditions

This free series provides tools that enable participants to live healthier lives, including those who are trying to quit tobacco use. All will receive an easy to follow book that outlines day-to-day management techniques and positive approaches to difficult changes, plus a relaxation CD.

Caregivers of persons with chronic illnesses can benefit from this course.

Lincoln-Lancaster County Health Department

3140 N Street • Training Center, Room 212

Thursdays, July 23 - August 27

5:00 - 7:00 p.m.

Please park on east side of building and enter through east doors. Follow signs.

Feel free to bring snacks, if desired.

For more information on future programs, or to enroll in this FREE program, call Julie at 402-441-8071 or email jkanderson@lincoln.ne.gov.

Sponsored by:

- Lincoln-Lancaster County Health Department

