

Living Healthy

At-Home Learning Kit with Weekly Phone Calls

This **at-home** workshop will help **YOU** learn ways to improve your health from the comfort and safety of your own home.

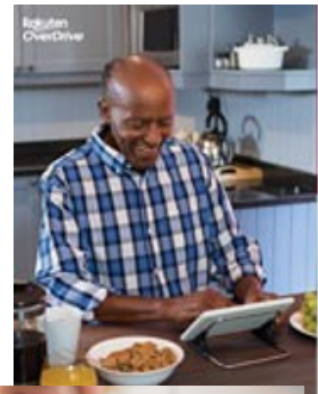
Join this 6-week workshop and talk weekly with people just like you who deal with a chronic condition, such as diabetes, arthritis, high blood pressure and many other conditions

Learn How to...

- **RELAX**
- COPE with pain, fatigue, stress & depression
- **Explore Healthy Eating**
- Set weekly goals YOU can achieve
- **Incorporate exercise**
- Understand medications
- **Get good sleep**

Your Tool Kit includes:

The Living a Healthy Life with Chronic Conditions book
Relaxation CD
Exercise CD



Workshop will begin: July 14th 2020, 6:00pm - 7:00 pm **OR**
July 15th 2020, 10:00 am - 11:00 am

To Register: arin.jacking@cannonpharmacies.com



Are you someone who struggles with a chronic health condition such as Diabetes, Arthritis, Cancer, Congestive Heart Failure, Depression, Parkinson's Disease, and many others?

Cannon Health is offering a **6-week Workshop** to help YOU learn ways to improve your health from the comfort of your home. This workshop is **FREE** and you will receive a Living Healthy with Chronic Conditions book, Relaxation CD, and Exercise CD.

****Please note that this series will involve reading sections from your book on your own and group discussions about material.** Space is limited.

When you register please choose either:
July 14th 2020, 6:00 - 7:00 pm **OR** July 15th 2020, 10:00 - 11:00 am,
for your small group discussion time.

Registration for this workshop will be cut off after July 7th.