

# 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.

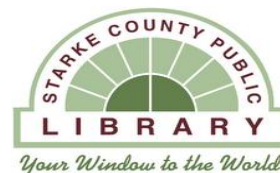
I've put life back in my life.



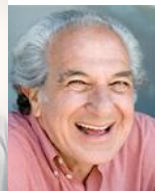
**Living a Healthy Life**  
With Chronic Conditions

Living a Healthy Life with Chronic Conditions workshops are being held at:  
**Knox/Starke Public Library Meeting Room**

**Classes begin Fri., March 2<sup>nd</sup>, 1pm-3:30pm**  
**for six sessions**  
**Registration Required**



**To register or learn more, contact**  
**SCPL at 574-772-7323**



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