

## Living Well with Chronic Conditions



2012 Workshop Schedule

### Put Life Back Into Your Life!!!!

Workshop schedule and locations below will be offered through the end of 2011. **These workshops are held for 2-1/2 hours each week for six weeks.**

<u>Dates</u>	<u>Times</u>	<u>Location</u>
<b>Jan 16 - Feb 20</b>	<b>6:00 - 8:30 pm</b>	<b>Maple Community Center</b>

If you are interested in attending one of these workshops we ask that you call one of the numbers below to verify. Please note however that if we have insufficient class sizes that we will have to cancel and you will be notified. If you would like us to hold these workshops on a different day or a different time we would appreciate that input as well. Thank you.

**For more information you may call either 218-786-8823 or 877-782-9006**

For workshop dates scheduled in 2012, go to the University of Wisconsin, Center for Continuing Education/Ext Health & Human Issues website at <http://www.uwsuper.edu/health> and click on the Living Well w/Chronic Conditions Tab. For workshops offered in Minnesota you can go to the Arrowhead Area Agency on Aging website at: <http://www.arrowheadaging.org> and click on the Living Well w/Chronic Conditions tab.