

Taking Control Of Your Health



Texas A&M AgriLife
Extension
604 N. Main St.
Weatherford, TX

Six FREE workshops that will help you:

- Become a Self-Manager
- Understand Common Symptoms
- Use Your Mind to Manage Symptoms
- Exercise for Fun and Fitness
- Adapt Exercise for Specific Chronic Conditions
- Communicate with Your Doctor
- Eat Well
- Manage Your Medicines

Fridays
September 7 to
October 19, 2018*
10:00 am to 12:30
*No class on September 28

FOR MORE INFO AND TO
RESERVE YOUR SEAT:

CALL 817-598-6168

GROUP LIMITED TO 18 PEOPLE



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TEXAS A&M
AGRILIFE
EXTENSION