

Are you sick and tired of being tired and sick?

Do you have diabetes, arthritis, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions?

Living Well Workshops can help!

- Chronic Disease Self-Management Program (SPRING 2013)
- Workshops meet *once a week* for 6 weeks (same time, same place)
- Workshops are FREE! All participants receive a book and CD.
- Participants receive a FREE 8-week membership to the Greater Louisville YMCA after completing the workshops!
 - Not available if you are a current or previous YMCA member, if you have utilized the YMCA through any program that offers a free membership benefit, or if you have utilized the YMCA through a family member's free membership benefit. Not available for Indiana YMCA locations.

▪ **Registration is required – see below for information**

For these locations, CALL 852-1804 to register:

* Presbyterian Homes of Louisville 2116 Buchel Bank Road 40218	6:15 pm – 8:45 pm	Tuesday	Start date: February 26 End date: April 2
* Highlands Community Ministries 1140 Cherokee Road 40204	1:30 pm – 4:00 pm	Monday	Start date: March 4 End date: April 8
* UofL Family Medicine - Newburg 1941 Bishop Lane 40218	9:00 am– 11:30 am	Friday	Start date: March 22 End date: April 26
* Heyburn Building 332 West Broadway, Suite 200 40203	6:00 pm - 8:30 pm	Tuesday	Start date: April 9 End date: May 14
* California Square Apartments 1600 Garland Avenue 40210	1:00 pm – 3:30 pm	Wednesday	Start date: May 8 End date: June 12
* Ujima Neighborhood Place 3610 Bohne Avenue 40211	3:00 pm – 5:30 pm	Thursday	Start date: May 16 End date: June 20

For these locations, CALL 772-8588 to register:

* Family Health Center - Portland 2215 Portland Avenue 40212	5:30 pm – 8:00 pm	Tuesday	Start date: February 12 End date: March 19
* Family Health Center - Portland 2215 Portland Avenue 40212	10:00 am – 12:30 pm	Friday	Start date: February 22 End date: March 29
* Family Health Center - Portland 2215 Portland Avenue 40212	5:30 pm – 8:00 pm	Tuesday	Start date: March 26 End date: April 30
* Family Health Center - Portland 2215 Portland Avenue 40212	10:00 am – 12:30 pm	Friday	Start date: April 19 End date: May 24
* Family Health Center - Portland 2215 Portland Avenue 40212	5:30 pm – 8:00 pm	Tuesday	Start date: May 21 End date: June 25

SPONSORS: University of Louisville, Department of Family & Geriatric Medicine ■ Family Health Centers, Inc. ■ Louisville Primary Care Association ■ YMCA of Greater Louisville ■ KIPDA ■ KY Department for Public Health Chronic Disease Prevention Branch ■ Louisville Department of Public Health and Wellness