



*To register or for
more information about
Living Well in Idaho
Workshops contact:*



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Feel better.

Be in control.

**Do the things
you want to do.**



**A FREE
Workshop**

**Put Life
Back in
Your Life**



Living Well in Idaho





Put Life Back Into Your Life. Consider a FREE Living Well in Idaho Workshop.

Are you an adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well in Idaho Workshop can help you take charge of your life!

Sign Up Now. Spaces Are Limited.

-  This is a FREE 6-session workshop offered in your town. Call for more detailed info.
-  Learn from trained volunteer leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health—and your life.

A Workshop in Your Area:

English Workshops:

Southeastern Idaho Public Health
*(previously known as Southeastern Idaho
District Health Department)*

Thursdays

February 23 – March 29, 4:00 p.m.

1901 Alvin Ricken Drive
Pocatello, Idaho 83201

Cardona Senior Apartments

Wednesdays

February 15 – March 21, 2:00 p.m.

4648 Hawthorne Road
Chubbuck, Idaho 83202

Blackfoot Senior Center

Wednesdays

February 15 – March 21, 9:30 a.m.

20 E. Pacific Street
Blackfoot, Idaho 83271

Aberdeen Senior Center

Thursdays

February 9 – March 15, 9:00 a.m.

92 W. Washington Street
Aberdeen, Idaho 83210

American Falls Library Community Room

Fridays

March 2 – April 6, 9:30 a.m.

308 Roosevelt Street
American Falls, Idaho 83211

Mountain View Elementary School-McCammon

Tuesdays

February 21 – March 27, 6:00 p.m.

714 Center Street
McCammon, Idaho 83250

Spanish Workshops (*Tomando Control de Su Salud*):

Blackfoot Senior Center

Thursdays

March 29 – May 3, 6:00 p.m.

20 E. Pacific Street
Blackfoot, Idaho 83271

American Falls Library Community Room

Tuesdays

February 21 – March 27, 6:00 p.m.

308 Roosevelt Street
American Falls, Idaho 83211



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”