

# 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. Living Well workshops 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 Well with Chronic Conditions**



**North Bellevue Community Center**  
**Six Mondays, October 17-November 21, 10:00a - NOON**  
**4063 148<sup>th</sup> Avenue NE, Bellevue, WA 98007**

To register, contact North Bellevue at 425-452-7681 and register for course #59407

# It's about health, it's about life.

## Consider a Living Well with Chronic Conditions Workshop to refresh your life.

Are you an adult age 50 or older 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, or depression the Living Well Workshop can help you take charge of your life.

**Sign Up Now.**  
**Spaces Are Limited.**



**Bellevue Parks & Community Services**

-  Join a free 2-hour Living Well Workshop, held each week for six weeks.
-  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.

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**10:00 am - NOON**

**North Bellevue Community Center- 4063 148<sup>th</sup> Avenue NE,  
Bellevue, WA 98007, 425-452-7681 [www.bellevuewa.gov](http://www.bellevuewa.gov)**

**Register three ways: in person, by phone 425-452-7681,  
or online [www.myparksandrecreation.com](http://www.myparksandrecreation.com), course #59407**

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. 