

A FREE 6-week course to help you understand that your health problems don't have to keep you from doing the things that you want.



# The Living Healthy program

**Living Healthy classes are available at three Sarasota County Health Department sites:**

Ringling  
Venice  
North Port

Dates & times to be decided based on interest

Registration is required

**For more information and/or to register:**

North County: Nancy Flow at (941) 861-2884

South County: Angie Zongker at (941) 861-3321

## The Program

“Living Healthy” has six weekly sessions, lasting 2½ hours each. We cover topics that are important to people with chronic diseases.

Do you have or live with someone who has...

...arthritis, asthma, cancer, diabetes, epilepsy, high blood pressure, or any other chronic disease?

## You'll learn to:

- Communicate better about your health.
- Solve problems.
- Relax!



Offered by:  
Sarasota County Health Department

