



**Feel better.**

**Be in control.**

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

**For More  
Information  
Contact:**

Vilas County  
Commission on Aging  
715-479-3725 (or)  
800-374-1123



# Put Life Back in Your Life

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, or anxiety, the *Living Well* Workshop can help you take charge of your life.

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