

Do you or a family member have heart disease, diabetes, arthritis or another chronic disease?

Attend a FREE Live Well Workshop

Learn how to:

Deal with stress, fear and anxiety

Manage pain

Manage medications

Sleep better

Communicate effectively

Set your own goals

And much more!



Receive a
FREE \$40
Gas Card

Workshops held at:

The Pendleton Community
Building Activity Room:

Thursdays

May 1, 8, 15, 22, 29

June 5

6:00-8:00 p.m.

AND ALSO AT

The South Fork Ruritan
Building in Oak Flat on:

Wednesdays

May 7, 14, 21, 28

June 4, 11

1:00 - 3:00 p.m.

For more information and to register contact:

Edna Mullenax

Eastern WV Community Action
Agency

(304) 358-7589

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