

TAKE CHARGE OF YOUR HEALTH



To register, call 217-543-3755 by March 17.

This FREE 6-week series begins March 21 and will take place each Friday through April 25 (skipping April 18 from 1:00 - 3:30 p.m.).

This program will be held at the Moultrie County Health Department, 202 S. Main St. in Sullivan.

About this series

Learn to thrive, not just survive with your ongoing health conditions. Discover healthy ways to live with chronic conditions such as arthritis, diabetes, heart disease and others. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand treatment choices, and learn better ways to talk with your doctors and family about your health.

For more information contact:

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