

The next **Free** Workshop
is scheduled:

September 25 → October 30, 2017

(Each Monday)

1:00 - 3:30 PM

Trempealeau County Courthouse

Tremple Room

36245 Main St.

Whitehall, WI



Workshop Information

Prevea Arcadia Health Center and the Trempealeau County Health Department are offering the Living Well with Chronic Conditions Workshop.



The workshops are six sessions beginning September 25, 2017 and ending October 30, 2017. They are scheduled from 1:00 PM to 3:30 PM. The workshops will be hosted at the Trempealeau County Government Center in Whitehall.



Public Health
Prevent. Promote. Protect.

To register please contact the Trempealeau County Health Department at (715) 538-2311 extension 220.

Feel better.

Be in control.

Do the things
you want to do.

Find out more about
Living Well workshops.



Put Life
Back in
Your Life

Put Life Back in Your Life



Living Well
with Chronic Conditions


Put Life Back Into Your Life. Consider a Living Well Workshop.


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, anxiety, the Living Well workshop can help you take charge of your life.

Sign Up Now. Spaces Are Limited.

 Join a 2 ½-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.

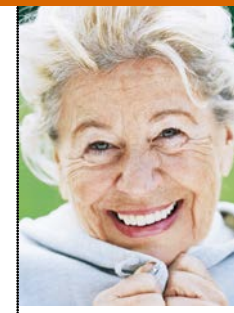
"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."



To register or get more information, please call:
Trempealeau County Health Department
(715) 538-2311, ext. 220 or 877-538-2311, ext. 220



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



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