

health



— noun

well-being, healthiness, fitness,
good condition, good shape

FREE 6-WEEK HEALTH WORKSHOP



K-STATE
Research and Extension
Midway District

K-STATE
Research and Extension
Post Rock District

If you are living with an ongoing health condition such as:

- Arthritis
- Diabetes
- Asthma
- High blood pressure
- Depression

Or are a caregiver of someone who does, this workshop is for you!

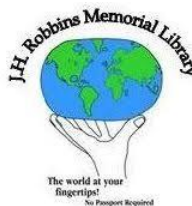
This FREE 6-week workshop teaches techniques to manage common symptoms

Workshop Teaches:

- Decision making and problem-solving skills
- Dealing with anger, depression, and difficult emotions
- Communicating effectively with family, friends, and healthcare professionals
- Using medications appropriately
- Making informed treatment decisions
- Healthy eating and physical activity

Thursdays 9:00-11:30am
September 30-November 4
J.H. Robbins Memorial Library

Register by September 23rd. Call (785) 472-4442 or scan the QR code below:



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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