

# Live Healthy, Live Well



**Thursdays:**  
**May 10, 17, 24, 31**  
**Jun 7, 14, 21** (make-up date)  
**5:30 - 8:00 pm**  
**— FREE —**

**Extension Education Center**  
64 Ferndale-Loomis Rd, Liberty

*An evidence-based program developed by Stanford University*

Participants highly encouraged to attend series in entirety.

♥ **Effective for people with conditions such as arthritis, diabetes, heart disease, lung disease, asthma, and more.**

♥ **Reduce symptoms! Gain confidence to manage your health and improve your quality of life!**

**Bonnie Lewis, RN & Shawn Comfort present:**

- Day-to-day self-management of chronic health conditions
- Complimentary enhancements to traditional clinical treatments
- Helpful for multiple conditions and managing medical recommendations

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**Registration is required in advance.**

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