



Press

Release



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For Immediate Release

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Live Well: Take Back Your Health Workshop

Wichita Falls, Texas—Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge, but it doesn't have to be. The Live Well: Take Back Your Health Workshop, offered by the Wichita Falls-Wichita County Public Health District, can help you take charge of your health and feel better. This free, flexible-workshop is offered during the day and after-hours to better serve our community.

What people can learn from this workshop:

- Relaxation techniques and other strategies to deal with pain, fatigue, and frustration
- How healthy eating can improve ongoing health conditions
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- How to make informed treatment decisions with medical professionals
- Ways to communicate with your doctor and family about your health
- Ways other people manage their ongoing health conditions

If you or someone you know, is living with a diagnosis of an ongoing chronic medical condition, we encourage you to sign up and learn to live well with your diagnosis.

Classes begin February 12 th . Space is limited; register today by calling 761-7698 or email

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