

Living Well with Chronic Conditions

Start date: November 3rd 9:30- 11:30 am for 6 weeks

Falls City Public Library



Registration required:



Or call: 402.274.3993

Ext: 104 or 108

Website: sedhd.org



People consistently describe the Living Well workshop, as
“life-changing and empowering” ,
and there are significant improvements in
participants' attitudes, self-confidence, and overall quality of life.