| **Make a step-by-step plan to improve your health—and your life.**“The class helped me manage my diabetes better, and my A1C is within normal limits now.” **— John in Virginia**“I have learned there are people like me, not living life to the fullest because of a chronic condition, and that we can move forward.” **– Caroline in Washington**“After taking the workshop, I have since lost 25 pounds. I began exercising and eating healthier. After losing the weight along with proper nutrition and exercise, I have been able to get off my blood pressure medicine and my blood pressure now runs about 130/70. I feel great and have a lot more energy.”**—Sam in Virginia** | **Sign up today—and take charge of your health!**[PROGRAM NAME] is **FREE**, but spaces are limited.**Call today: xxx-xxx-xxxx**[ADDRESS]**[WEBSITE]** |  **“My pain was my boss. It was telling me what I could and couldn’t do. This workshop put ME back in charge.”**  **– Sue from Washington****Take charge of your health with** **[PROGRAM NAME]** |
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| **Don’t let an ongoing health condition rule your life.**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.**[PROGRAM NAME] offered by [ORGANIZATION NAME] can help you take charge of your health—and feel better.** | **Get practical tips that you can use right away.****[PROGRAM NAME]** is a 6-week workshop that meets for 2.5 hours each week.* Get support from people like you who are living with ongoing health conditions
* Learn relaxation and other strategies to deal with pain, fatigue, and frustration
* Discover how healthy eating can improve your condition
* Create an exercise program that works for you
* Understand new treatment choices
* Explore how to talk with your doctor and family about your health
 | **[PROGRAM NAME]** **is FREE and proven to work.**Research has found that people who complete [PROGRAM NAME]:* Feel healthier and have a better quality of life
* Experience fewer sick days and days in depression
* Are better able to manage symptoms like fatigue, pain, shortness of breath, stress, and sleep problems
* Are more physically active
* Improve communication with their doctors
* Take medications as prescribed
* Feel more confident when completing medical forms
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