| **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 |