

Take Control of Your Life



Living Well with Chronic Conditions

workshop series can help older adults maintain control of their health regardless of the conditions they are faced with. The workshops can help older adults improve quality of life and do the things they love to do!

Live Well, Age Well.

6-Workshop Series Begins 10/09/2017

Monday, October 9, 2017

10 am - 11:30 am

Waseca Public Library

Cost: \$15 per person *Bring a friend and join us.*

Class size is limited, so register today!

To REGISTER or for information, contact:

Sherry at (507) 461-3820 / sgscholl2@yahoo.com

Caregiver Services
Programs Serving
Waseca Communities

Waseca Area
Caregiver Services

Maintain control of your health!

Do the things you love to do!

Keep your independence!

JUNIPER
Your Health. Your Community.

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