LIVE WELL with Chronic Disease

About 1 in 2 adults live with a chronic disease. About half of this group have two or more.

LIVEWELLWICHITACOUNTY.COM

Health District
1700 3rd Street, Wichita Falls, TX 76301

What Can I Learn?
- Techniques for dealing with pain, fatigue and stress
- Simple ways to improve nutrition and activity levels
- Better ways to communicate with family and health care providers

Who Should Register?
Anyone who wants information about ongoing health conditions.

How Much Does It Cost?
Classes are absolutely FREE.

How Do I Register?
Contact Samantha Mayfield, Health Educator at 940-761-7699 or e-mail Samantha.Mayfield@wichitafallstx.gov