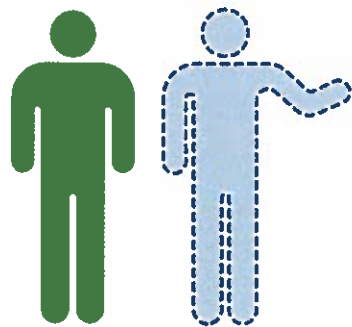


# LIVE WELL

## with Chronic Disease



**1** in **2**

**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](mailto:Samantha.Mayfield@wichitafallstx.gov)