



FOCUS ON HEALTHY LIVING



20%

of health is determined by what happens in the doctor's office.

80%

is in your hands. *You play a big role in your health and wellness.*

Join the Senior Center of Sidney-Shelby County for ***Healthy Living with Chronic Conditions*** Noon-2:00pm Mondays, Feb. 26 through April 1.



A light lunch is provided.

Six weeks of fun & fellowship for health!

New info to learn and things to try each week. Find what works for you!

Workshop qualifies for Wilson Health Live Healthy/Get Active program.



Register by contacting the Senior Center at 937-492-5266. 304 South West Ave. Sidney, OH 45365

This program was created by the:

