From: Aislynn Tolman-Hill
To: Aislynn Tolman-Hill
Subject: MEDIA BRIEF: Living Well with Chronic Conditions
Date: Tuesday, March 10, 2020 7:25:51 AM

WHO: Those living with chronic conditions (18 years+)

WHAT: Living Well with Chronic Conditions. Free six-week workshop that will meet for 2.5 hours and discuss topics such as weekly goals, effective problem-solving, fatigue management, etc. Must register!

WHEN: April 8 – May 13 (5:30 pm – 8:00 pm)

Must Register! Call 801-851-7528 or online www.livingwell.utah.gov

WHERE: Smith's Market Place

689 N. Redwood Rd

Saratoga Springs, UT

WHY: "This was a very, very good way to strengthen me and David. Very positive and what a nice group. Each personunique and unforgettable, love it."--LCS

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