

# **FREE** Health and Wellness 6 Week Program

## **Living Life Well:**

### **The Chronic Disease Self-Management Workshop**

*A Stanford University  
Self-Management Program*

**When: Fridays - 1:00pm-3:30pm**

(May 4th, 11th, 18th, 25th and June 8th and 15th)

***\*No class on June 1st***

**Where:** Buffalo Hill Terrace-Billiards Room  
40 Claremont Street, Kalispell, MT 59901

This course is for anyone looking to add new life skills to their health and wellness.

### **You will learn life changing skills in:**

Exercise, medication management, nutrition, communication, physical well-being and more.

***Call 406.752.9625 for more information or to register! Or,  
register on-line at [www.ilcorp.org](http://www.ilcorp.org)***