

Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. *Live Well* workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

Live Well Workshops:
It's Your Life...Live it Well.



To find a *Live Well* workshop near you call Laura Crews at (860) 887-3561 x129