



**I was tired.
I hurt all the time.**

**It felt like my health
conditions were telling
me what I could and
couldn't do.**

**Living Well
workshops put me
back in charge.**

**Now I have the energy
to do the things that
matter.**

**I'm back to being the
kind of person I like to
be.**

Register for a **FREE workshop today!**

Location:

**Plattsmouth Public Library
401 Avenue A
Plattsmouth, NE**

Session Dates:

**March 12, 2019
through
April 16, 2019**

Session Times:

**Tuesdays
1:00 p.m. to 3:30 p.m.**

To Register Call:

**Arlene Williams, BSN, RN
Public Health Nurse
402-537-6971**

Sponsored by:

**Sarpy Cass Health Department
701 Olson Drive – Suite 101
Papillion, NE 68046
402-339-4334**