



# **FIT FOCUSED & FAITHFUL**

**6  
WEEKS**

**EVERY WEDNESDAY  
OCT 16, 2019 - NOV 20, 2019  
10:00 a.m. - 12:00 p.m.**

**- Armory Sports & Recreation Center, 701 S. Ash -**

**A program for those of us with ongoing  
health conditions & our families**

*Identify the latest  
pain management  
approaches*

*Manage fatigue  
& stress more  
effectively*

*Find solutions to  
problems caused  
by your condition*

*Form a partnership  
with your health  
care team*

*Identify ways to  
deal with anger,  
fear, frustration,  
& depression*

*Discuss the role  
of exercise & nutrition  
in chronic disease  
management*

*Communicate  
with family & friends  
caused by your  
condition*

**COST IS FREE • REGISTRATION REQUIRED • LIMITED SEATING  
573-874-6318 • [Verna.Laboy@como.gov](mailto:Verna.Laboy@como.gov)**

*Verna Laboy, Health Educator • Columbia Boone Co Public Health & Human Services*