

You Can! Live Well, Virginia!



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. *You Can! Live Well Virginia!* workshops put me back in charge. Now I have the energy to do the things that matter. I *can* live well!

You Can! Live Well, Virginia!
Chronic Disease Self Management Program
Contact Savannah Butler today at 804.343.3004
Thru Senior Connections, The Capital Area
Agency on Aging



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