

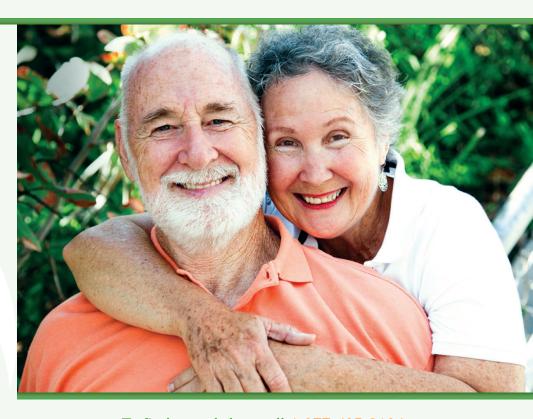
Feel better.

Take control of your health. Stay active and independent.

Be Well Colorado workshops provide simple and practical techniques to help people with ongoing health conditions:

- relax and have fun
- set goals and think positively
- talk to their doctor and family members
- gain energy and solve problems

Be Well Colorado gives people the confidence to live healthier, happier lives.



To find a workshop call 1-877-495-2604 or visit www.bewellcolorado.org



STATE OF COLORADO Colorado Department of Public Health and Environment PSD-CCP-7380 4300 Cherry Creek Dr. South Denver, CO 80246

Feel better.
Take control.
Stay active.