



Feel better. Take control. 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

The free Be Well Colorado workshops give people the confidence to live healthier, happier lives.

To find a free workshop
call **1-877-495-2604**

or visit www.bewellcolorado.org

Sponsored by the Colorado Department of Public Health and Environment, the Colorado Department of Human Services State Unit on Aging, Central Colorado Area Health Education Center, and the Colorado School of Public Health.