

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



Be Well Colorado

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



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Take control.
Stay active.**