

# Put Life Back in Your Life

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. My Life, My Health workshops put me back in charge. Now I have the energy to do the things that matter. I've put life back in my life.

A free six-week workshop will be offered at Hebrew SeniorLife in Boston, starting Monday, July 12, from 9:00 - 11:30 a.m. For more information or to register, call 617-363-8319.



Hebrew  
SeniorLife