



# Healthier Living Workshop

If you or someone you know is living with a chronic health condition, this free series of workshops may help! Learn tools to help manage symptoms such as frustration, pain, and fatigue so you can live a better life!

Colchester Senior Center, Malletts Bay Ave, Colchester, VT

Thursdays March 1-April 5 2:00-4:30 p.m.

Call 847-2278 to register

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[www.FletcherAllen.org](http://www.FletcherAllen.org)

