

Your Life, Your Health

Upcoming Free Workshop:

Registration Required

Dates: 4/19, 4/26, 5/2, 5/9
5/19 and 5/23, 2013

Time: 9:00am - 11:30pm

Where: Welcome Senior Center
7140 Park Street
St. James, LA 70088



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Your Life, Your 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.

Your Life, Your Health



Your Life Your Health is a program funded by a Federal ARRA Grant and administered by the Louisiana Governor's Office of Elderly Affairs.



To register for this six week workshop call Susan at 1-800-833-9883