



**HEALTHY LINKS
IOWA**

Put Life Back into Your Life

**Iowa Healthy Links
Chronic Disease Self-Management Workshops**

**Wednesday's, January 6, 2010 thru February 10, 2010
12:30-3:00 p.m.**

Southside Senior Center

100 Payton Street
Des Moines, IA 50315

**Monday's, February 22, 2010 thru March 29, 2010
6:00-8:30 p.m.**

Iowa Methodist Hospital

**Yunker/Powell Wing-Powell 1 Room 101
Southside of Iowa Methodist Hospital off of Woodland Avenue-Door with **Blue
Awning****

1200 Pleasant
Des Moines, IA 50309

SEE NEXT PAGE FOR ADDITIONAL WORKSHOPS

Wednesday's, March 3, 2010 thru April 7, 2010
11:30 a.m.-2:00 p.m.

Hy-Vee (Fleur)

4707 Fleur Drive
Des Moines, IA 50321

Workshop Cost: \$20.00

(Plan to commit to all six sessions as this is not a drop-in workshop)

For more information and to register for the workshop,

Contact: Jessica Sheets-

Polk County Health Department at 515-323-5234 or email:

jessica.sheets@polkcountyiowa.gov

