



WARREN COUNTY  
HEALTH SERVICES  
— COMMUNITIES OF CHOICE —

**Put Life Back Into Your Life.**

Consider an **Iowa Healthy Links** Workshop.

Are you an adult age 55 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Iowa Healthy Links workshops can help you take charge of your life. It is your link to better health!

**Sign Up Now.**

Spaces Are Limited

- ✚ Join a 2 ½ hour Iowa *Healthy Links* workshop, held each week for six weeks in your community.
- ✚ Learn from trained mostly volunteer leaders with health conditions themselves.
- ✚ Set your own goals and make a step-by-step plan to improve your health—and your life!

To secure your spot in this training,  
Please call Jodene DeVault RN BSN  
at **515-961-1074** or e-mail  
jodened@co.warren.ia.us

A class near you is starting soon!