



# Put LIFE back in your life!

## Consider a KOHP workshop

The Kansans Optimizing Health Program (KOHP) is an interactive workshop that meets for three hours once a week for six weeks. This workshop will help you set goals, develop a plan and track progress toward improving your health —one step at a time!



- Registration is required; workshop is limited to 20 individuals with a chronic condition.
- All adult ages welcome.
- Caregivers & friends encouraged to attend.
- Developed by Stanford University.

## Begins Friday, Feb. 7

**9 to 11:30 a.m.**

(and continues for six Fridays)

at Neighbor to Neighbor  
103 E. Sixth St., Concordia

**Registration deadline: Jan. 24**

*To register or for information, call 262-4215*