

## Healthier Living class to begin in January in Wray

Written by Holyoke Enterprise

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A Healthier Living Colorado class is starting in January in Wray, offering a chance to make changes in life.

This six-week course is designed for participants who have an ongoing condition and want to learn to manage that condition. Different topics discussed during the course are how to deal with pain and fatigue, nutrition, medications, communication with health care providers, etc.

It teaches to “self manage” and will help people to help themselves.

This Healthier Living Program is sponsored by the Cancer, Cardiovascular Disease and Pulmonary Disease Grants Program at the Colorado Department of Public Health and Environment.

A support person, like a spouse, relative or friend is encouraged to attend, at no charge. Lynn Clapper, RN and Denice Baucke, RN, are certified instructors for the class.

An introduction will be held Tuesday, Jan. 12 at 1 p.m. to give people a chance to learn more about the class and have questions answered.

Classes start Tuesday, Jan. 19, and meet each Tuesday until Feb. 23 at the Wray Hospital North Education Room beginning at 1 p.m. and ending at 3:30 p.m.

For information or registration, contact Lynn Clapper, RN at 970-332-2244.