



**Clay County Public Health Center**  
**800 Haines Drive**  
**Liberty, MO 64068**  
**Phone: 816.595.4200 FAX: 816.595.4201**  
**Website: [www.clayhealth.com](http://www.clayhealth.com)**

**FOR IMMEDIATE RELEASE:**

**DATE:** August 19, 2010  
**Contact Person:** Elizabeth Jackson  
**Phone:** 816-595-4236  
**Email:** [ejackson@clayhealth.com](mailto:ejackson@clayhealth.com)

**Live Like Your Life Depends On It**

A free chronic disease self-management workshop designed for people living with chronic diseases and conditions.

Each Wednesday starting Sept. 22 through Oct 27 (6 weeks)

1:00 p.m.-3:30 p.m.

Humana Guidance Center (open to the public) located next to Hy-Vee at corner of Englewood and North Oak, Kansas City, MO

Class size is limited and registration is required: Call Elizabeth 816-595-4236