

Healthy Living Center of Excellence

Presents

Living Healthy

If you have a chronic condition this 6-week interactive workshop developed by Stanford University will bring you and your peers together to come up with goals about living healthy to help you take charge of your life.



Find New Ways to:

- Manage symptoms including fatigue and depression
- Control pain & improve activity
- Eat Healthy & exercise safely
- Improve your communication skills
- Use medication effectively
- Solve problems, set goals and get the support you need
- Learn better ways to talk to your doctor and family about your health
- **Feel better and take charge of your life!**



Fridays

Oct. 10, 17, 31, Nov.
7, 14 and 21, 2025

10:10:00am-12:30pm

**Our Lady Queen
of Apostles Church**

100 Crestwood Blvd. S,
Royal Palm Beach

To Register Call:

**561-601-1005 Or
captdakrause@bell
south.net**



Your ADRC Helpline 1-866-684-5885

Area Agency on Aging

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