

## Healthy Living Department of the Area Agency on Aging

This is an online class; we will teach you how to join us!

### 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



**We will meet with you virtually and teach you prior to the first class how to join us!**

### Mondays

March 27th, April 3rd, 10th, 17th, and 24th and May 1st, 2023

10:00am-12:30pm

### Virtual Class

**We will provide virtual training prior to the first class!**

**To register contact Maureen McCarthy:**

**561-214-8622**



**Helpline 1-866-684-5885**

**Area Agency on Aging**

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