

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

May 8, 15, 22, 29
June 5, and 12, 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



Your ADRC Helpline 1-866-684-5885

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