

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

July 24, 31st and
August 7th, 14th, 21st
and 28th 2023

10:00am-12:30pm

Virtual Class

We will provide virtual training prior to the first class!

**To register contact
Maureen McCarthy:**

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