

Healthy Living Department of the Area Agency on Aging

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. 7, 14, 21, 28,
Nov. 4th and 18th 2022

1:00pm – 3:00pm

The Kane Center

900 SE Salerno Rd.
Stuart, FL 34997

To register , please call
772-223-7800



Area Agency on Aging

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Your ADRC Helpline 1-866-684-5885