

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

Jan. 6, 13, 20 & 27,
Feb. 3rd & 17th 2023

10:00am-12:30pm

Our Lady Queen of Apostles Church

100 Crestwood Blvd. S,
Royal Palm Beach

To Register Call:

561-798-5661

ext. 102



Area Agency on Aging

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561-684-5885

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Your ADRC Helpline 1-866-684-5885