

## 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!**



### Wednesdays

Oct. 4, 11, 18, 25,  
Nov. 1 and 8, 2023

10:00am – 12:00pm

### 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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561-684-5885

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**Your ADRC Helpline 1-866-684-5885**