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

Your ADRC Helpline 1-866-684-5885

Area Agency on Aging
4400 N Congress Ave
West Palm Beach, FL 33407
561-684-5885
www.aaapbtc.org
HealthyLiving@aaapbtc.org