

## 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!**



#### Wednesdays

Jan. 14, 21, 28, Feb. 4,  
11 and 21, 2026

11:00am-1:30pm

#### Peace Presbyterian Church

4881 SE Cove Road,  
Stuart, FL 44997

**To register, please  
call Maureen:**

**772-521-4813**



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

## Area Agency on Aging

4400 N Congress Ave  
West Palm Beach, FL 33407

561-684-5885

[www.YourADRC.org](http://www.YourADRC.org)

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