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. 29, Feb. 5, 12, 19, 26 and Mar. 5, 2027

10:00am-12:00pm

St Rita Catholic Church

13645 Paddock Dr.

Wellington, FL 33414

To register, please call: 561-601-1005

captdakrause@bellsouth.net

Area Agency on Aging Palm Beach/Treasure Coast, Inc.

Elder Affairs Florida

Area Agency on Aging

701 Northpoint Pkwy. Suite 115

West Palm Beach, FL 33407

561-684-5885

www.aaapbtc.org

HealthyLiving@aaapbtc.org

Your ADRC Helpline 1-866-684-5885