

Healthy Aging 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!**



Tuesdays

**Jan. 7, 14, 21, 28, Feb.
4 and 11, 2025**

10:00am-12:00pm

**North Palm
Beach Library
303 Anchorage Dr.
North Palm Beach, FL
For information call:
561-268-8310**



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Your ADRC Helpline 1-866-684-5885