

## Healthy Living Department of the Area Agency on Aging

This is an online class; we will teach you how to join us!

### 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



We have a Lending Library of iPads if you don't have a computer and will teach you how to join us!

Tuesdays

July 16, 23, 30, August 6, 13, and 20 2024

10:00am-12:30pm

**Virtual Class**

We will provide virtual training prior to the first class!

To register contact Maureen McCarthy:

**561-214-8622**



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