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 will meet with you virtually and teach you prior to the first class how to join us!

Tuesdays

June 9, 16, 23, 30, July 7 and 14, 2020

1:00pm-3:30pm

Area Agency Virtual Class

To register, please call Maureen:

561-684-5885 ext. 59103

Your Aging & Disability Resource Center – Area Agency on Aging – Palm Beach / Treasure Coast, Inc.

Department of Elder Affairs – State of Florida

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
HealthyLiving@YourADRC.org