

Take
Control



FREE Live Well with Chronic Conditions Phone Workshop!

"It's Your Life...Live it Well"

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!



Feel
Better

You will learn:

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to make your needs known
- How to make a step-by-step plan to improve your life!

Energize

Dates: Wednesdays, May 3–June 7, 2023

Time: 10am–11am

To Register: Call 203-752-2995 or email [Cassandra cbrunson@aoascc.org](mailto:cbrunson@aoascc.org)

Participants need a telephone.

Books and CD's will be mailed out and are yours to keep!

Space is limited, so sign up today!

Live

Enjoy



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Your Advocate for Independence®

Sponsored by Area Agency on Aging of South Central Connecticut, CT
Department of Aging and Disability Services State Unit on Aging.