

**Take
Control**

**Feel
Better**

**Re-
Energize**

Live

Enjoy



“It's Your Life...Live it Well”



Learn How to Self-Manage Your Health Condition

**Attend a Live Well Workshop and learn skills
to understand and take control of your
long term health condition**

Learn better ways of dealing with pain, fatigue, difficult emotions, anxiety and stress. Learn easy exercises to help improve or maintain strength and energy. Learn ways to improve your nutrition and learn appropriate use of medications and more.

Join a **FREE** 6-week Live Well Workshop today
**for people with ongoing health conditions and
those caring for someone with an ongoing health
condition.**

Tuesdays, April 5-May 10

10-12:30 pm

Durham Public Library

7 Maple Avenue

to sign up call Claudia White at 860-301-8215

R A F F L E

All participants who attend 4 sessions will be entered to win Gift Basket

Live Well is sponsored by Senior Resources Area Agency on Aging,
State of CT Dept. on Aging and CT. Dept. of Public Health.