

It's Your Life, Live it Well Attend a Live Well Workshop at Durham Library

Tuesdays, April 5 through May 10, 10-12:30pm

Attend a Live Well Workshop and learn skills to understand and take control of your chronic health condition. Live Well is a FREE six-week workshop and will be offered at the Durham Library, 7 Maple Avenue. Live Well Workshops are for adults with long term health conditions who want to take charge of their life. 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.

Live Well is also beneficial for caregivers, family and friends. Live Well is sponsored by Senior Resources Area Agency on Aging, State of CT Dept. on Aging and CT. Dept. of Public Health through a grant from the Administration on Aging. All are welcome, for more information on how to sign up, contact Claudia White at 860-301-8215.

Pre-registration is required, so if interested please sign up now.