Live Well with Chronic Conditions

FREE Zoom Workshop

Join this 6-week workshop and learn how to better manage your ongoing health condition!

Participants will need a computer, tablet or cellphone and reliable internet connection. Register today to receive your Zoom link!

You will learn:
- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action planning
- And more!

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Conditions and a relaxation CD.

Wednesdays From 1:00 PM - 3:00 PM
February 21 - March 27, 2024
To Register, Call 860-887-3561 Ext. 127 or Email Lori at Irygielski@seniorresourcesec.org

Sponsored by Senior Resources Agency on Aging, CT Department of Aging and Disability Services State Unit on Aging