

October 10 through November 21

6 sessions on Thursdays, 1:00 PM to 3:30 PM

Location: The Coolidge @ Sudbury

**Dates To Be Determined once minimum
number of participants registered**



My Life, My Health

Chronic Disease
Self-Management

Learn how to
manage your
ongoing health condition.

Topics include:

- Exercise and nutrition
- Managing pain, fatigue, difficult emotions, and depression
- Medications and making treatment decisions
- Talking with your family, friends, health care providers... and more!

You will learn skills to help you have increased energy and physical activity; decreased pain, fatigue, depression and health distress, and fewer social limitations.

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma or shortness of breath, high blood pressure, cancer, arthritis, fibromyalgia, depression, anxiety, chronic pain, fatigue, or other ongoing health condition?

Manage Your Health and Improve Your Well-Being

This **FREE** 6 Week Series Workshop empowers participants by:

- ✓ encouraging them to manage their own health by making lifestyle changes
- ✓ obtain tools that help you devise a personalized approach to managing chronic illness symptoms on a daily basis
- ✓ gain the greatest possible physical potential to once again get pleasure from life.

Refreshments Provided.

Complete 4 or more week-sessions and receive FREE:

- *Living a Healthy Life with Chronic Conditions* book
- *Relaxation for the Mind & Body* CD

**FOR FIRST 10 REGISTRANTS, PROGRAM PREFERENCE
GIVEN TO PEOPLE AGE 60+**

Minimum number of participants required to hold program.

To register, please call:
Renee D'Argento
Healthy Living Coordinator
508-573-7251

**the
healthy living
Center of Excellence**

BayPath
BayPath Elder Services, Inc.

These programs are made possible in part through a grant provided by The Administration on Community Living. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your voluntary donations are put directly toward program enhancement and cost of these services.