

Take
Control

Feel
Better

Energize

Live

Enjoy



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

FREE Live Well with Chronic Conditions Phone Workshop!

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!



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!

Dates: Mondays, August 5–September 16

Time: 10am–11am

To Register: Call 203-757-5449 x 125 or email

Debby at dhorowitz@wcaaa.org

Participants only need a telephone and connect from home!

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

Space is limited, so sign up today!



Sponsored by the Department of Aging and Disability Services ~ State Unit on Aging
and the Western Connecticut Area Agency on Aging.
Generous support is also provided by the Connecticut Community Foundation.

Take
Control

Feel
Better

Energize

Live

Enjoy



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

FREE Live Well with Chronic Pain Workshop!

Are you an adult with an ongoing painful condition from arthritis, an injury, headaches, depression or something else? Or do you care for someone who does? This workshop can help you be in control and feel better!



You will learn:

- Techniques to deal with frustration, fatigue & poor sleep
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful info for managing your pain day-to-day

Winsted Senior Center

80 Holabird Avenue

Tuesdays, Oct. 29–Dec. 3

1-3PM

To register, call 860-379-4252 x1

Free books and CD's for participants!
Space is limited, so sign up today!



Sponsored by the Department of Aging and Disability Services ~ State Unit on Aging,
Torrington Area Health District & the Western Connecticut Area Agency on Aging.
Generous support is also provided by the Connecticut Community Foundation.

Take
Control

Feel
Better

Energize

Live

Enjoy



FREE Live Well with Diabetes Workshop!

Are you an adult with diabetes or pre-diabetes? Or do you care for someone who has diabetes? This workshop can help you be in control and feel better!

Two trained Live Well Leaders facilitate this six-week workshop.

You will learn about:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals!



Beacon Falls Senior Center

57 North Main Street

Tuesdays, Sept. 10–Oct. 29

9:00–11:00am

**To register, call Tammy at 203-732-1523
or email TVillaluz@Griffinhealth.org**

***Free books for participants!
Space is limited, so sign up today!***





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

Take Control

Feel Better

Energize

Live

Enjoy

FREE! Diabetes Telephone Workshops

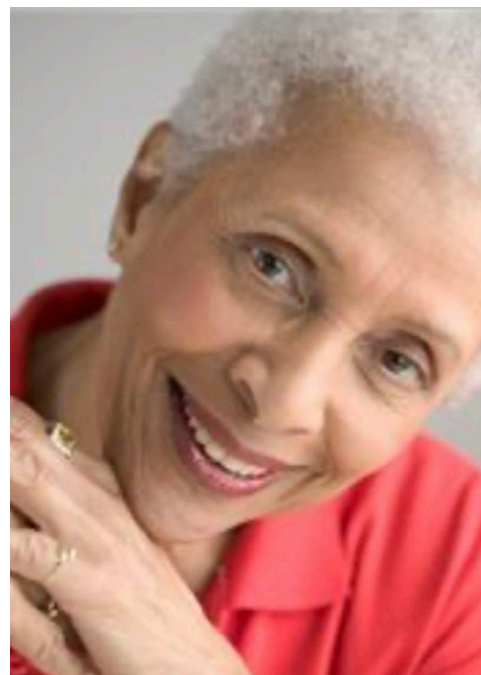
Choose a Tuesday or Wednesday evening!

FREE Diabetes Self-Management Telephone Workshops from Home!

Learn about diabetes & pre-diabetes including:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals

These are just some of the topics covered in a free weekly one-hour group telephone call for 6 weeks with a trained Live Well Leader!



Free books for all & a \$25 gift card for workshop completers!

Wednesdays, Aug. 7–Sept. 11 from 6-7pm

or

Tuesdays, Aug. 20–Sept. 24 from 6-7pm

To register, call [203-757-5449 x 125](tel:203-757-5449)
or email [Debbie at dhorowitz@wcaaa.org](mailto:Debbie@wcaaa.org)



Sponsored by the Western Connecticut Area Agency on Aging.
Generous support is also provided by the Connecticut Community Foundation.
Live Well is an evidence based self-management workshop developed at Stanford University.



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

Take Control

Feel Better

Energize

Live

Enjoy

Diabetes

Es su vida: Vivala Bien

Nunca es tarde para controlar la diabetes y ser más saludable

Clases de Manejo Personal de la Diabetes GRATIS!

Estará ofreciendo 6 sesiones de información los Jueves **por telefono** y han sido efectivas en ayudar a las personas a ser más saludables.

Las sesiones son en español.



¡Las Sesiones son interactivas y divertidas!

¡\$25 Tarjetas de Regalo para las personas que completan las clases!

**Comenzando todos los Jueves desde
15 de Agosto--19 de Septiembre, 10am-11am
POR TELEFONO**

**Para mas informacion o para registrarse,
llame al 203-575-4243 y pregunta por Solanda
sorodriguez@NewOppinc.org**

¡Aprenda información esencial que le ayudará a mejorar su salud!



Sponsored by the Western Connecticut Area Agency on Aging.
Generous support is also provided by the Connecticut Community Foundation.



Tomando Control de Su Salud

“Viva bien: Es Su Vida... Vivala Bien!”

- Encontrar mejores maneras de tratar el dolor y la fatiga
- Descubrir ejercicios sencillos para mejorar o matener la fuerza y la energía
- Aprender el uso correcto de los medicamentos
- Mejorar la nutrición
- Hablar eficazmente con la familia, los amigos y los profesionales de la salud
- Comprender nuevas opciones de tratamiento
- Sentirse mejor con la vida

GRATIS! ¡Las Sesiones son interactivas y divertidas!

El proximo taller se ofrecera en Zoom comienza el 4 de Septiembre hasta el 16 de Octubre y tendra lugar cada Miercoles desde la 1:00pm hasta las 3:30pm durante siete semanas.

Para obtener mas informacion o para inscribirse al taller de Tomando Control de Su Salud, llame a Cristina Mera al 860-371-9716 o Diana Tenesaca al 203-917-5473.



NEW OPPORTUNITIES
Building Relationships to End Poverty



CONNECTICUT
Aging and Disability Services



Connecticut
Community
Foundation

Timeless Impact™



Nuvance
Health



“It's Your Life...Live it Well”