

Take
Control



FREE Live Well with Chronic Conditions Phone Workshop!

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

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!



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!

Energize

Dates: Mondays, June 17–July 22, 2024

Time: 10am–11am

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

Debby at dhowitz@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!

Live

Enjoy



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.



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

Take Control

Feel Better

Energize

Live

Enjoy

FREE! Chronic Pain

Telephone Workshops

Choose a morning or evening program!

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

Participants only need a phone, no other technology! Once a week, you just call our toll-free number to connect to the group call.



You will learn:

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

Materials will be sent directly to participants at no cost and include *Living a Healthy Life with Chronic Pain*, a booklet of tips, and a relaxation CD.

You'll have a one-hour group phone call once a week for six weeks.

Class size is limited to six participants, **so register early!**

Tuesdays, May 7—June 11 from 10–11am

OR

Tuesdays, May 7—June 11 from 6-7pm

To register, call 203-757-5449 x 125 or email Debby at dhorowitz@wcaa.org



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