

Take
Control



FREE! Live Well Workshop for Chronic Health Conditions

Feel
Better

Are you an adult age 60+ with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who is? This workshop can help you be in control and feel better!



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

Energize

****Participants will need a computer or tablet and a reliable internet connection for these Zoom sessions. ****

Connect with others weekly and explore:

- Action planning and problem solving
- Overcoming difficult emotions
- Healthy lifestyle choices
- Decision-making and communication skills
- Working effectively w/ healthcare providers

Live

Sessions will be held in 2026:

Mondays, February 23 – March 30 from 2 - 3:30pm

To register:

Contact Abbey Ellner at aellner@WCAAA.org

or call (203) 757-5449 ext. 161

Materials for the workshop will be sent directly to participants!

Enjoy



Sponsored by the Western Connecticut Area Agency on Aging and the Bureau on Aging and Disability Services ~ State Unit on Aging. Workshops are evidence based self-management programs developed at Stanford U.