

Take  
Control



## **FREE** Live Well with Chronic Conditions Zoom 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

**Fridays, January 12–February 23, 2024**

**Time: 10am–12pm**

**To Register: Call Sandy at 203–206-1726 or email**

**Griffin at [griffin.decaro@nuvancehealth.org](mailto:griffin.decaro@nuvancehealth.org)**

***Participants need a tablet, computer, or smartphone.***

***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.



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# **FREE!** Chronic Pain Telephone Workshop

*Join this 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.

**Wednesdays from 10– 11am  
January 10– February 14, 2024**

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



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**Thursdays, January 11–February 22, 2024**

**Time: 10am–12pm**

**To Register: Call Marilia Jose at 203-266-7510 x226**

**or email [mjose@bethlehemct.org](mailto:mjose@bethlehemct.org)**

***Participants need a tablet, computer, or smartphone.***

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

***Space is limited, so sign up today!***

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**Tuesdays from 6– 7pm  
January 23– February 27, 2024**

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



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