

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

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



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Energize

Thursdays, January 11–February 22, 2024

Time: 10am–12pm

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

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



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FREE! Diabetes Telephone Workshop

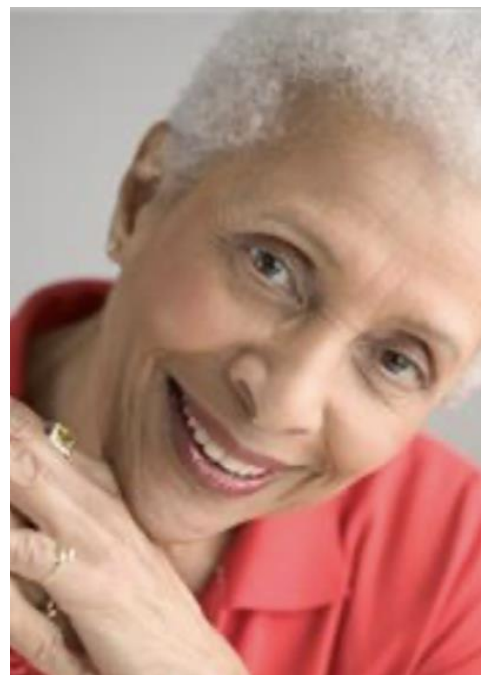
FREE Diabetes Self-Management Telephone Workshop from Home!

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!

Class size is limited, so register early!



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

**Mondays from 6-7pm
January 22 – February 26, 2024**

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



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



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- 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.

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

To register, call 203-757-5449 x 125 or email Debby at 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.