

Take
Control

Feel
Better

Energize

Live

Enjoy



You CAN Live Well!

How to choose the best workshop for you

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

DO YOU LIVE WITH CHRONIC PAIN?

Learn to:

- Understand and manage symptoms
- Develop tools for handling stress and difficult emotions
- Safely maintain physical activity and improve flexibility
- Set achievable weekly goals

DO YOU LIVE WITH DIABETES?

Learn to:

- Eat healthy
- Care for your feet properly
- Manage Low and High blood sugar
- Adopt sick day guidelines
- Develop tips for dealing with stress.
- How to set small and achievable goals.

DO YOU LIVE WITH A CHRONIC CONDITION?

Learn to:

- Incorporate physical activity, exercise and healthy eating into their lives
- Develop skills to manage difficult emotions
- Make decisions and improve communications skills
- Work with healthcare providers
- Create Action Plans to achieve goals

**Contact Carley Taft, Regional Coordinator,
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CT State Department on Aging & CT. Department of Public Health.