

Put Life Back in Your Life with a **Living Healthy** Workshop



Photo Credit: Eat Smart, Move More North Carolina

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Consider a **Living Healthy** Workshop.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and/or depression, the **Living Healthy** Workshop can help you take charge of your life.

What you will Learn:

- find ways to deal with pain and fatigue
- explore ways to sleep better
- discover better nutrition and exercise choices
- understand new treatment and medication choices
- learn better ways to talk with your doctor and family about your health.

Sign Up Now.
Spaces Are Limited.

- Join a free 2 ½-hour **Living Healthy** Workshop, held each week for six weeks.
- Learn from trained volunteer and professional leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

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Living Healthy Workshops

After participating in **the Living Healthy** workshop, participants showed significant improvements in:

- Exercise
- Communication with physicians
- General health

Guidelines to benefit from a **Living Healthy** workshop:

- Ability to tolerate being in a room with 10 or more people for 2 ½ hours.
- Ability to stay focused, more or less, on the topics or activities.
- Possess reading skills and/or be willing to be paired with another participant.

Feel better.

Be in control.

Do the things you want to do.

To register, get more information or find out when the next class starts, please contact:



To learn more, go to:
www.healthyagingnc.com

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