LIVING HEALTHY

FEEL BETTER
TAKE CHARGE

A six week workshop for people 60+ with long-term health concerns.

You will learn how to:

- Set weekly goals
- Exercise appropriately
- Manage medications
- Develop healthy eating habits
- Sleep well and use relaxation techniques
- Evaluate new treatments

Virtual Workshop

April 22 - June 3
2026

ZOOM
Link will be sent
upon registration

Wednesdays
1 - 3:30 pm

All participants are welcome, respected, and valued.
Please contact us to request accommodations.

To register visit Registration - Zoom

For questions or help with registering, contact ashelin.mccoy@wpcog.org or adawson@centralina.org

CENTRALINA
Area Agency on Aging

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