



*Take Charge of your Health with*

## **Living Healthy Workshops**

**If you or someone you know has ongoing health concerns, this FREE series of evidence-based workshops are for YOU.**

**With This Program You Can:**

Learn techniques to manage symptoms like frustration, fatigue, pain, and limitations

Improve problem-solving and decision-making skills

Start eating and exercising to improve your health

Create an action plan for a healthier life

Have the support of others like you!

Developed by Stanford University of Medicine to help anyone living with long-term health conditions manage their symptoms and improve their health.

**This program is provided for you at no cost!**

**Location:** In your home, by phone or at the Seneca County Office for the Aging- tailored to your needs!

**Dates:** Beginning Mid-May 2023

**Time:** One hour per week for 6 weeks

For more information or to register contact:

[marleneamericorps@hotmail.com](mailto:marleneamericorps@hotmail.com) or call The Seneca County Office for the Aging at (315) 539-1765.



