Healthy Living Center of Excellence

My Life, My Health

Sign Up Today for a Free Six Week Workshop!

March 7, 2013 - April 11, 2013
9:30 am - 12:00 pm
Amesbury Council on Aging
68 Elm St, Amesbury, MA 01913

For More Info or To Register
Call Doreen Brothers - 978-388-8138 ext.546
www.healthyliving4me.org

Chronic Disease Self-Management is for anyone living with an on-going medical condition like Arthritis, Asthma, Chronic Back Pain, Chronic Fatigue Syndrome, Cancer, COPD, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure, Parkinson's Disease, Stroke...*and more*

Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

Learn to

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level

Hebrew SeniorLife | Affiliated with Harvard Medical School

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey