



Put Life Back in Your Life with a **Living Healthy Chronic Disease Self-Management Workshop**



Photo Credit: Eat Smart, Move More North Carolina

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.

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.

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.



HEALTHY AGING NC

Go to www.healthyagingnc.com to find out more.

2019 WORKSHOP DETAILS

LOCATION: Ahoskie Senior Center

418 Everett Street, Ahoskie, NC

DATES: Mondays, March 25th thru April 29th

TIME: 9:30am—12:00pm

COST: FREE

TO REGISTER: (252) 358-7856 or (252) 974-1854

Pre-Registration Required by March 20th



Winton, Ahoskie & Murfreesboro
Hertford County Office of Aging



Mid-East Commission Area Agency on Aging