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**FREE Live Well with Chronic Conditions Zoom Workshop!**

 **Workshop**!

**When:**

**Time:**

**Where:**

**Contact:**

**Phone:**

**Take**

**Control**

**Feel**

**Better**

**Energize**

**Live**

**Enjoy**



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Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!

**You will learn:**

∙ Practical ways to deal with pain and fatigue

∙ Better nutrition and exercise choices

∙ Better ways to talk to your doctor about your health

∙ Communication techniques to make your needs known

∙ How to make a step-by-step plan to improve your life!

**Sponsored by the Department of Aging and Disability Services ~ State Unit on Aging**

**and the Western Connecticut Area Agency on Aging.**

**Generous support is also provided by the Connecticut Community Foundation.**

**Fridays, January 12–February 23, 2024**

**Time: 10am—12pm**

**To Register: Call Sandy at 203–206-1726 or email Griffin at** **griffin.decaro@nuvancehealth.org**

***Participants need a tablet, computer, or smartphone.***

***Books and CD’s will be mailed out and are yours to keep!***

***Space is limited, so sign up today!***

   