

Take
Control



"It's Your Life...Live it Well"



Upcoming Active Living Toolkit

Live Well with Chronic Conditions Telephonic Workshop

February 2nd 3:00 p.m.

Live Well with Chronic Pain Telephonic Workshop

February 8th 11:00 a.m.
February 21st 1:00 p. m.

Live Well with Diabetes Virtual Workshop

February 9th 10:00 a.m.

Energize

These workshops are offered telephonically. The toolkit can be sent directly to participants at **no cost** and includes all learning materials necessary. Six weekly meetings with a trained Live Well leader enhances the experience and can help to alleviate social isolation especially during the COVID-19 pandemic.

Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call.

Telephonic: Calls are approximately one hour in length and take place

Participants will learn about a variety of tools to manage their conditions including:

Healthy Eating – Exercise – Goal Setting
Stress Management - Self Advocacy

Live

Contact Carley Taft, Regional Coordinator

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Enjoy



2020

Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging and North Central Area Agency on Aging.