

Call today!

For information on:

- Workshops currently being offered
- To set up a workshop for your group or club
- Information on becoming a living healthy workshop trainer



It's FREE!

910-323-4191 x27

Mid-Carolina Area Agency on Aging



Mid-Carolina Area Agency on Aging

Phone: 910-323-4191 x27

Fax: 910-323-9330

E-mail: tdavis@mccog.org



Now is the time.



Take CONTROL of your health AND your life.

Are you sick and tired of being sick and tired?

Ongoing health conditions such as arthritis, high blood pressure, diabetes and heart disease can affect your quality of life.

Our free, six-week **Living Healthy** series is designed to help you better manage chronic conditions and live a happier, healthier life.



There is Help!

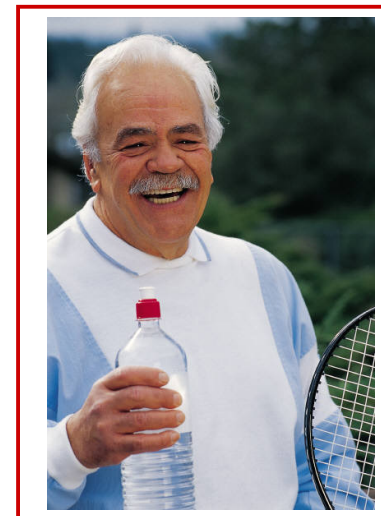
You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

No matter what your situation, **Living Healthy** can assist you in taking control of your chronic health condition.

If you have one or more chronic conditions, this course could make all the difference. A caregiver or relative is welcome to attend with you. They too will benefit.

How Does it Work?

Living Healthy consists of a 2 1/2 hour session once a week for 6 weeks, and is supported by the North Carolina Division of Aging and Adult Services.



Living Healthy will help you learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!