

Living Well Workshop

Empowering you to take control of your health



Learn real-life skills for living a full, healthy life with an ongoing health condition. Classes are fun and interactive. Participants share their successes and build a common source of support. Build your confidence around managing your health, staying active and enjoying life.

Topics Covered

Managing symptoms	Better communication
Medication "how-to"	How to relax
Working with your health care team	Handling difficult emotions
Setting weekly goals	Tips for eating well
Effective problem solving	Safe, easy exercise

2012 Class Schedule

- Edward T. Hall Aquatic Center - Wednesdays, January 18 - February 22, 11 a.m.
- Huntingtown United Methodist Church - Thursdays, February 23 - March 29, 6 p.m.
- Prince Frederick Library - Wednesdays, March 7 - April 11, 11 a.m.
- Calvert Pines Senior Center - Tuesdays, May 1 - June 5, 2 p.m.
- Prince Frederick Library - Thursdays, July 12 - August 16, 6 p.m.
- Edward T. Hall Aquatic Center - Wednesdays, September 12 - October 17, 10 a.m.
- Calvert Pines Senior Center - Wednesdays, October 17 - November 21, 1 p.m.

SPACE IS LIMITED, SIGN UP TODAY

Workshops are FREE, but there is a \$25 refundable fee for the materials.

Scholarships are available.

Must be 18 or older to participate.

For more information, contact Keri Lipperini,

410-535-4606 or 301-855-1170

or visit the website at www.co.cal.md.us.

Senior services are accessible to individuals with disabilities.