



Living Healthy

A six-week workshop for people with long-term health concerns

You will learn how to:

- ✓ Set weekly goals
- ✓ Exercise appropriately
- ✓ Manage medications
- ✓ Develop healthy eating habits
- ✓ Sleep well and use relaxation techniques
- ✓ Evaluate new treatments



Now I have more energy than I've had in years. I'm calmer and more confident about my health. - Former Participant



IN PERSON

offered at no cost



DATES

Mondays

SEPT 13–OCT 18



TIME

1:00 TO 3:30 PM



PLACE

Lincoln County Senior Services
612 Center Drive
Lincolnton, NC 28092



CENTRALINA
Area Agency on Aging



All participants are welcome, respected, and valued. Please contact us to request accommodations.

Call 704 -732-9053 for more information