



Living with a Better You

Living with a chronic condition such as diabetes, arthritis, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!

Attend an "Intro to Online Programs" session, followed by a FREE 6-week online workshop and discover how to:



Make healthy food choices.



Increase physical activity and exercise safely.



Cope with pain and fatigue.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

When:

Oct. 19 Intro class

Classes take place every Tuesday
November 2 – December 7
9 – 11:30 am

Where:

Join from the comfort of your own home.

Virtual Classes will take place via ZOOM sessions

All classes are FREE of charge.

To register:

Chris Thompson

Chris.thompson@senioragemo.org

417-868-9530

Also great for caregivers!