



WOULD YOU SPEND TWO AND A HALF HOURS A WEEK TO LEARN HOW TO STAY ACTIVE AND ENJOY LIFE?

Then you need the

Living Healthy program.

This FREE six-week course is now being offered in your area!

Discover new skill for living better You'll also learn to: with chronic diseases like:

- Arthritis
- Heart Disease
- Diabetes
- Cancer
- Bronchitis
- Emphysema
- Asthma
- Epilepsy
- Work with your healthcare team
- Manage symptoms
- Use your medication effectively
- Exercise safely and easily
- Handle difficult emotions
- Communicate better about your health with family and friends
- Solve problems
- Relax



NEW CLASS DATES

When: Tuesdays

September 27 – November 1, 2011

Time: 2:00 PM – 4:30 PM

Where: Conference Room

Area Agency on Aging 15201 N.

Cleveland Ave, N. Fort Myers

For more information contact:

1-866-413-5337

Elder Helpline



*Area Agency on Aging
for Southwest Florida, Inc.*

Class Size is limited. Pre-register today!

