



My Life, My Health

Sign Up Today for **Free** Six Week Workshop!

Sponsored By Tri-Valley, Inc.

Host Site: Ruth Anne Bleakney Senior Center

60 North Bow Street

Milford, MA 01757

Dates: 6 Thursdays, September 13 - October 18, 2018

1-3:30 PM in the Conference Room

Please alert us to any disabilities as we will do our best to make accommodations for you.

Call Lou Pilczak @ 800-286-6640, ext. 3053 or

Sign up at the senior center

Tri-Valley, Inc., a private, non-profit agency, receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funds are also received from public and private sources.

My Life My Health – the Stanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition like:

Arthritis Cancer Chronic Back Pain Diabetes High Blood Pressure Parkinson's Disease
Asthma COPD Chronic Fatigue Syndrome Fibromyalgia Heart Disease Stroke...*and more*



Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

Learn to

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

The Power to Redefine Aging.



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