



## My Life, My Health

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

**Sponsored By Tri-Valley, Inc.**

**Host Site: Franklin Senior Center  
10 Daniel McCahill Street  
Franklin, MA 02038**

**Dates: (6 Tuesdays) – 10/23/18-11/27/18  
1 – 3:30 p.m. 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 or**

**Sign up at the Franklin Senior Center or with Sandra @ Eaton Place**

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.



Hebrew  
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