



My Life, My Health

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

Sponsored By Tri-Valley, Inc.
Host Site-Casaubon Senior Center
153 Chestnut Street
Southbridge, MA

Dates: (6 Wednesdays) – April 3-May 8, 2019 10-12:30
Register at the senior center with Pat @ 508-764-1469 or
Lou, Healthy Living Coordinator @ 800-286-6640 ext. 3053

Alert us to vision, hearing impairments, or other concerns. This 6 week workshop is limited to 12 participants.

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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