

Take
Control



"It's Your Life...Live it Well"

Join a Live Well Toolkit Workshop from Home!

Feel
Better

The in-home version of the popular **Live Well Workshop** is now available to seniors in the comfort of their home without having to use technology beyond the telephone. The Live Well Toolkit can be sent directly to participants at **no cost** and includes:

- **Living a Healthy Life Book & instruction booklet/workbook**
- **Exercises for Chronic Conditions & Relaxation for Mind & Body CDs**

Weekly phone calls from a trained Live Well Leader will enhance the experience and create an opportunity to connect with others.

Calls are approximately 60 minutes in length and take place conference-call style with 4-6 participants. We look forward to connecting with you!

Energize

Live Well participants will explore:

- Action Planning & Problem-Solving
- Physical activity, exercise, and healthy eating
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers

Live

To learn more or to register for a workshop contact

Cathy at cgrosshart@swcaa.org or 203-814-3693

Enjoy



Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging and Southwestern Connecticut Agency on Aging.