

**Join a FREE 6-week**

**Live Well Workshop!**

**Connect**

**Feel**

**Better**

**Explore**

**Energize**

**Enjoy**

**When:**

**Time:**

**Where:**

**Contact:**

**Phone:**

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Are you living with an ongoing health condition such as arthritis, diabetes, heart disease, high blood pressure, anxiety, or depression?

**You are not alone** – nearly 95% of adults over 60 are living with a chronic health condition. (NCOA Data)



 **Live Well is an evidence based self-management workshop originally developed at Stanford University.**

**Join a workshop proven to help you focus and feel better!**

**Connect with others and explore:**

∙ Practical ways to deal with pain and fatigue

∙ Beneficial Nutrition and Exercise choices

∙ Decision making and problem-solving skills

∙ Effective communication techniques

∙ Creating a plan to improve your health and your life

**Norwalk Hospital -***Patio Room - 5th Floor*

**Complementary Parking and Convenient Public Transportation Access**

**Tuesdays, 5:30 PM – 7:30 PM**

**October 8th – November 12th 2024**

 **To Register or Learn More call Kelley \* (203) 854-7982**





