

# Sick and tired of being sick and tired?

## Take charge of your chronic condition and attend the Healthier Living workshop!

Learn what you can do to take control of your health conditions, rather than let illness take control of you!



### Who Should Attend

Older adults and their caregiver that have heart disease, arthritis, diabetes, asthma, back problems, COPD, chronic pain, depression, obesity, stroke, and/or other chronic health conditions. Learn skills to deal with life changes that come with living with a chronic condition.

### Workshop Information

Developed by Stanford University and offered by Weld Area Agency on Aging, these workshops are **FREE** for participants 60 years or older. Each weekly session is 2 ½ hours for 6 weeks. Donations accepted.

### What You Will Learn

- How to set achievable goals
- Better ways of coping and managing your health
- Finding support and solutions to problems
- Relaxation techniques and manage fatigue
- Improving nutrition and developing a realistic exercise program
- Dealing with frustration and depression

### Register Now (Space is limited)

For more information or register call Whitney Janzen-Pankratz at:

**(970)400-6117**



Weld County Area Agency on Aging

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