

Are You Living With a Chronic Condition? “MY LIFE, MY HEALTH” CAN HELP

IF YOU'RE LIVING WITH AN ONGOING HEALTH CONDITION, YOU'RE NOT ALONE.

Chronic conditions affect one out of every ten Americans, people of all ages and from all walks of life.

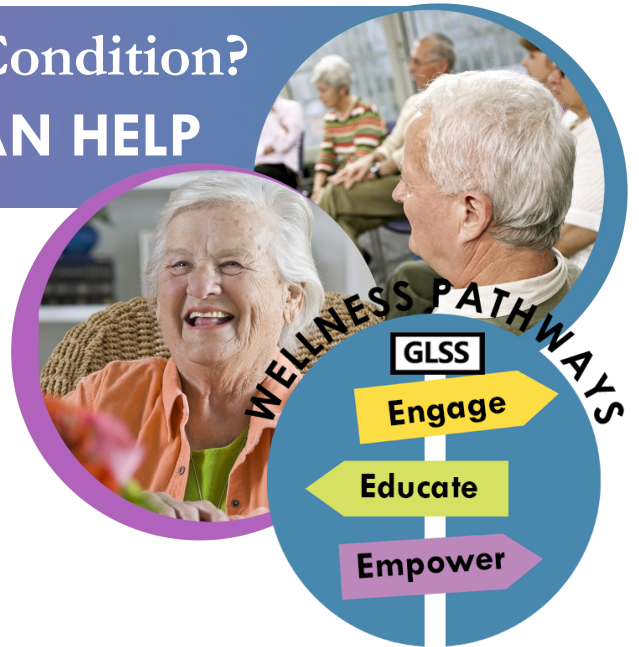
TAKE CONTROL OF YOUR HEALTH AND START LIVING AGAIN!

In just six meetings, our program is proven to help adults of all ages lead more active, fulfilling lives...
one manageable step at a time.

KNOWLEDGE IS POWER!

You'll learn practical strategies and skills that can help you feel better and improve your quality of life.

CAREGIVERS ARE WELCOME!



**MEET NEW PEOPLE...
LIKE YOU!**

Our small, supportive classes encourage new friendships with people who understand how you feel and will celebrate your successes. Share what you know and learn from others who are living with similar challenges.

**Centerboard
Family Resource Center**
16 City Hall Square. Lynn, MA

**Wednesdays
April 5-May 10, 2017
10:00am-12:30pm**

Refreshments will be provided

**FOR MORE INFORMATION
OR TO REGISTER, CONTACT:**

**Kelsey Magnuson
781-586-8530**

Space is limited. Register today!



This workshop is partially funded through grants provided by the Massachusetts Executive Office of Elder Affairs; U.S. Administration for Community Living; Title III of the Older Americans Act through Greater Lynn Senior Services; and Boston North Cancer Association.