



Discover tools that can help you make simple lifestyle changes

Enjoy connecting with others

Come join those with similar concerns about physical and emotional health. Skills learned will help you be more physically and socially active, by better managing pain, fatigue, depression, and anxiety that can come with a health condition.

Topics include:

- ✓ Physical activity and nutrition
- ✓ Managing difficult emotions that accompany your health condition
- ✓ Medication and treatment decisions
- ✓ Talking with your family, friends and health care providers about your condition and symptoms.



These programs are made possible in part through a grant provided by the Administration on Community Living and Massachusetts Executive Office of Elder Affairs as granted by BayPath Elder Services and HESSCO. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your donations are put directly toward enhancing the availability of healthy living programs.

Manage Your Health & Improve Your Well-Being

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma or shortness of breath, high blood pressure, cancer, arthritis, fatigue, fibromyalgia, depression, anxiety, chronic pain, or other ongoing health condition?

MY LIFE, MY HEALTH

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM *can help!*

Free 6-week workshop + Intro session

There's still time to sign up
CLASSES STARTING NOVEMBER 17TH!



Zoom with us

On-line video class (8-12 people).

Tuesdays

Intro Session - November 17, 12:30 to 1:30

Sessions One thru Six - 12:30 to 3:00

December 1, 8, 15, 29; January 5, 12,

January 19 (SNOW DATE)

No Class: November 24 and December 22

All workshop materials provided.

Minimum number of participants required to start class.

CALL Renee for more info & to register



Renee D'Argento

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<http://www.baypath.org/Healthy-Aging.html>