The **FREE** **Living Healthy workshop** helps you get the support you need to maintain or improve your quality of life.

LOCATION: Live Telephone Program

WHEN: Wednesdays at 10:45a.m.

October 14 - November 25, 2020*

*(No class on November 11, 2020 in observance of Veterans Day)

The series of six weekly sessions are offered as an live webinar by telephone or computer.

Program materials and instructions are provided and mailed to pre-registered participants at no charge

Join us, for the once weekly series of six live phone calls.

Who Should Attend?

People 60 and older with any chronic health condition.

Participants receive:

"Living A Healthy Life with Chronic Conditions" book and the exercise and relaxation CD's.

What You Will Learn:

- Symptom management
- Relaxation techniques
- Realistic goals
- Healthy eating

REGISTRATION:

Northeast Florida AHEC

Phone: (904)482-0189

Toll Free: (877)784-8486

NORTHEAST FLORIDA AHEC
New Directions in Community Health

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Department of ELDER AFFAIRS
STATE OF FLORIDA

Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. *Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The nine programs listed are offered onsite, at no charge. The service area include Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*