



FREE



Living Healthy Workshop

Get the support you need to maintain or improve your quality of life.
Join us, for the once weekly series of six sessions.

**LOCATION: Brentwood Lakes Apartments
Community Center Library**

761 Village Center Dr. N. Jacksonville, FL 32206

DATES: Wednesdays, May 11 – June 15, 2022

TIME: 1:00 - 3:30 p.m.

Who Should Attend?

People ages years 60 and up with any chronic health condition.

Participants receive:

"Living A Healthy Life with Chronic Conditions" book

What You Will Learn:

- Symptom management
- Relaxation techniques
- Realistic goals
- Healthy eating & more!

REGISTRATION:

Northeast Florida AHEC
Phone: (904) 482 - 0189
or



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