

Living Well



with
ongoing
health
challenges

Put Life Back into Your Life!



Proven to help older adults
better manage their
health conditions, improve
their quality of life, and
lower health care costs



Put Life Back Into Your Life! Consider a *Living Well* program.

Are you an adult living with an ongoing health condition?

You'll get the support you need and find practical ways to deal with pain and fatigue. You will discover better nutrition and exercise options. You will understand new treatment choices and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, etc. *Living Well* can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

- 🌀 **Feel better.**
- 🌀 **Be in control.**
- 🌀 **Do the things YOU want to do.**
- 🌀 **Find out more about *Living Well* programs.**



Participants learn:

- Strategies to better manage stress, fatigue, pain, and depression
- Options for improving and maintaining strength, flexibility, and endurance
- Techniques for better medication management
- Suggestions for better communication with family and health care providers
- Healthy options for better nutrition and weight management
- Process for effective decision-making
- How to evaluate new treatment options



A **Living Well** Class:

- Meets once a week for 6 weeks
- Is led by trained leaders with health challenges themselves
- Allows you to set your own goals and make a step-by-step plan to improve your health—and your life.

Unless you ...

- think you just have to “live with” pain and fatigue
- believe it is too late to start eating better or becoming physically active
- feel depression is just a normal part of aging
- are willing to settle for depending on others to care for your health

Then you should...

Register TODAY for the next class!

For information on when and where you can find a **Living Well** Class in your area, contact:

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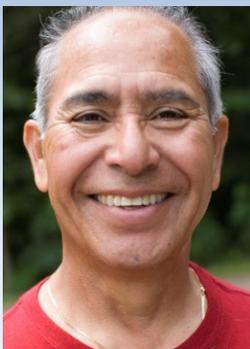
Visit www.LegacyLink.org



“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



Live your best life NOW!



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”