

# My Life, My Health

## HEALTHY AGING WORKSHOPS



### MY LIFE, MY HEALTH CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

My Life, My Health is designed for adults who live with the daily challenges of one or more ongoing health conditions. Participants will learn different methods for managing pain, fatigue, and other symptoms. Each participant also receives a copy of the book "Living a Healthy Life". If you have conditions such as high blood pressure, diabetes, arthritis, heart disease, chronic pain or anxiety, or any other chronic condition, this workshop can help you take charge of your life.

*This **free** interactive workshop is conducted in 2 ½ hour sessions, one day each week, for six consecutive weeks.*

**Space is limited. To register contact:**

Ann Glora at [aglor@ethocare.org](mailto:aglor@ethocare.org) or 617-477-6616 or

Katie Izadi at [Katayoun.Izadi@landmarkseniorliving.com](mailto:Katayoun.Izadi@landmarkseniorliving.com) or

617-975-0110 ext. 108



**My Life, My Health helps participants with ongoing health conditions to:**

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about your life

### WORKSHOP DETAILS:

**My Life, My Health:**  
Chronic Disease  
Self-Management Program

**Next Class Begins:**  
Wednesday,  
February 1, 2017

**Schedule:**  
1:30 to 4:00 p.m.

**Location:**  
**Landmark at Longwood**  
63 Parker Hill Ave.  
Boston, MA 02120