

# Living Well Alabama comes to Providence Ascension Senior Center/Guadalupe Center

## Enroll in Living Well Alabama-Better Choices: Better Health Program

The Living Well Alabama workshop is a FREE 6-week health education program for people with chronic health conditions who wish to practice healthier lifestyle choices and learn tools to help manage symptoms. The program is also great for caregivers.



At Providence Ascension Senior Center/Guadalupe Center on each of the following days:

- Fri Dec 1, 2017 9:00 -11:30
- Fri Dec 8, 2017 9:00 -11:30
- Fri Dec 15, 2017 9:00 -11:30
- Fri Dec 29, 2017 9:00 -11:30
- Fri Jan 5, 2018 9:00 -11:30
- Fri Jan 12, 2018 9:00 -11:30

**YOU MUST REGISTER** to attend this FREE workshop.

To register, call Peggy Gomez at 251-544-4480, or stop by the Center at 35 N Cody Rd, Mobile

You will learn about:

- Developing decision-making and problem-solving skills
- Developing and maintaining a long-term exercise program
- Fatigue management
- Dealing with depression, anger, and other negative emotions
- Cognitive management of pain and stress
- Communication with family/friends/physicians
- Using prescribed medication appropriately
- Healthy eating
- Making informed treatment decisions
- Getting better sleep

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety...the LIVING WELL ALABAMA Workshop can help YOU take charge of your health and put life back in your life!