

Living Well Alabama comes to Spanish Fort Community 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 Spanish Fort Senior Center on each of the following days:

- Tues July 24, 2018 8:30 -11:00
- Tues July 31, 2018 8:30 -11:00
- Tues Aug 7, 2018 8:30 -11:00
- Tues Aug 14, 2018 8:30 -11:00
- Tues Aug 21, 2018 8:30 -11:00
- Tues Aug 28, 2018 8:30 -11:00

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

To register, call Jamie at 251-626-4884 or stop by the Spanish Fort Senior Center

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!