

LIVING WELL WITH CHRONIC DISEASES



Sick and tired of being sick and tired? Well, take charge!! Sign up for the **Healthy Living** Program which is sure to help anyone with conditions such as arthritis, diabetes, heart conditions, high blood pressure, respiratory difficulties and chronic pain conditions.

FREE Six-Week Workshop
9:30 AM - 12:00 PM
ALL CLASSES ARE WEDNESDAYS
June 3, 10, 17 & 24; July 1 & 8
Human Services Building
5274 Outer Stowe Street, Lowville

YOU WILL LEARN:

- *How to work with your doctor*
- *How to manage your symptoms*
- *New ways of solving problems*
- *How to set and achieve realistic goals*
- *Communication skills*
- *Relaxation techniques*

For each session you attend, you will receive a North Country Fruits and Vegetables Prescription Program voucher for \$25 provided by Cornell Cooperative Extension!

**Snacks will be provided
Sign up today as seating is limited!**

**FOR MORE INFORMATION
OR TO SIGN UP**

**call Lewis County Office for the Aging
315-376-5313**



NY Connects
Your Link to Long Term
Services and Supports