



Healthy Living 2023 Fall Workshops



(FREE workshops you can access in person, on your computer, or your phone!)



In order to overcome barriers to healthy eating and exercise, the Healthy Living Program is offering **\$50 gift certificates for farm-fresh food delivered to your door, or walking equipment, when you complete a Fall 2023 workshop**, thanks to funding from Massachusetts Rural Vaccine Equity Initiative!

Living Well with Long-Term Health Conditions

(In Person at Athol Hospital) Techniques to improve symptoms of chronic conditions such as healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more. **Mondays, October 2–November 14, 2–4:30 p.m.**

A Matter of Balance—Managing Concerns About Falls

(In Person at The Senior Center, Shelburne Falls) Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, while stressing the importance of developing an exercise plan. **Fridays, September 1–November 4, 10 a.m.–12 p.m.**

Living Well with Persistent Pain *(Live Video Conference)*

Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep.

Tuesdays, October 3–November 14, 6–8:30 p.m.

Healthy Eating for Successful Aging *(Live Video Conference)*

For adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition, this workshop teaches the “My Plate” guidelines, nutrition basics, label reading, meal planning, goal-setting, and problem solving.

Wednesdays, October 4–November 15, 3–5 p.m.

UCLA Memory Training *(In Person at the Greenfield Senior Center)* For people with mild age-related memory challenges, Memory Training teaches memory enhancing techniques and practical strategies to boost memory functioning.

Wednesdays, October 4–October 25, 10 a.m.–12 p.m.

For more information or to register, contact Andi Waisman, Healthy Living Program Manager at 413-773-5555 x2297, 978-544-2259 x2297, or awaisman@LifePathMA.org



Executive Office of Elder Affairs

