

# LifePath's FREE Healthy Living Summer 2024 Workshops

Some are accessed in person,  
some on your computer, and  
some on your phone!



## Living Well with Long-Term Health Conditions

*(Live Video Conference)* Techniques to improve symptoms of chronic conditions, including healthy eating, relaxation techniques, communicating, goal setting, problem solving, and more.

**Wed., June 12–July 24, 10 a.m.–12:30 p.m.**

## A Matter of Balance–Managing Concerns About Falls

*(In Person at Erving Senior Center, Erving, MA)*

Teaches practical strategies to reduce the fear of falling and explores medical, behavioral and environmental risk factors for falls, stressing the importance of developing an exercise plan. **Mon., June 10–July 29, 1 p.m.–3 p.m.**

## Diabetes Self-Management

*(In Person at The Brick House Community Resource Center, in collaboration with Montague Catholic Social Ministries, Turners Falls, MA)*

For adults with pre-diabetes or diabetes or their caregivers, this workshop teaches the basics of balancing medication, diet and exercise, techniques to deal with hyper/hypoglycemia and meal planning, stress reduction, and more. **Sat., July 13–August 17, 10 a.m.–12:30 p.m.**

**Special Spanish version offered from 1–2 p.m.**

## Healthy Eating for Successful Aging

*(In Person at the Trinity Church, Shelburne Falls, MA in collaboration with the Shelburne Falls Senior Center)* For adults hoping to improve their nutrition in order to avoid or live well with chronic conditions, this workshop teaches nutrition basics, label-reading, and meal planning, and practices cooking basic recipes to overcome barriers to healthy eating for older adults. **Tues., June 11–July 16, 10 a.m.–12:30 p.m.**

## UCLA Memory Training

*(Live Video Conference)* For people with mild age-related memory challenges, Memory Training teaches memory-enhancing techniques and practical strategies to boost memory functioning. **Wed., June 12–July 24, 3–5 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](mailto:awaisman@LifePathMA.org).

