

Healthy Living 2024 Winter Workshops

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



Living Well with Long-Term Health Conditions

(In Person at Sanderson Place, Sunderland, MA)

Teaches healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more, to improve symptoms of chronic conditions. **Wed., Jan. 24–Feb. 28, 10 a.m.–12:30 p.m.**

A Matter of Balance–Managing Concerns About Falls

(Live Video Conference)

Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, as well as stressing the importance of developing an exercise plan. **Fri., Jan. 19–March 15, 10 a.m.–12 p.m.**

Diabetes Self-Management

(In Person at Community Health Center, Greenfield, MA)

For adults with pre-diabetes or diabetes, or their caregivers, this workshop teaches the basics of balancing medication, diet, exercise, techniques to deal with hyper/hypoglycemia, meal planning, stress reduction, and more. **Thurs., Jan. 18–Feb. 22, 9:30 a.m.–12 p.m.**

Healthy Eating for Successful Aging

(Live Video Conference)

For adults hoping to improve their nutrition in order to avoid or live well with chronic conditions, this workshop teaches nutrition basics, label-reading, meal planning, and works to overcome barriers to healthy eating for older adults. **Tues., Jan. 23–March 5, 10 a.m.–12:30 p.m.**

UCLA Memory Training

(In Person at Athol Senior Center)

For people with mild age-related memory challenges, Memory Training teaches memory-enhancing techniques and practical strategies to boost memory functioning. **Thurs., Feb. 1–22, 1:30–3:30 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

