

# Healthy Living 2025 Winter Workshops



All workshops are free and require advanced registration. Some programs are offered in person, some virtually, and some by phone.



**Living Well with Long-Term Health Conditions** (*In Person at Athol Hospital*) Techniques such as healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more, to improve symptoms of chronic conditions. **Thurs., Feb. 13–March 20, 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, stressing the importance of developing an exercise plan. **Wed., Feb. 12–April 9, 10 a.m.–12 p.m.**

**Living Well with Persistent Pain** (*Live Phone 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. **Tues., Feb. 11–March 25, 3–4 p.m.**

**Memory Training** (*In Person at Northfield 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. 6–27, 2–4 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, and meal planning, and practices cooking basic recipes to overcome barriers to healthy eating for older adults. **Tues., Feb. 11–March 25, 10 a.m.–12:30 p.m.**

**Spanish Diabetes Self-Management** (*In Person at The Brick House Community Resource Center, Turners Falls, MA*) For adults with pre-diabetes or diabetes, or their caregivers, this workshop teaches the basics of balancing medication and diet and exercise, focusing on healthy eating, exercise, and stress management. **Thurs., Feb. 20–March 27, 10:30 a.m.–12 p.m.**

For more information or to register, contact LifePath's Information and Caregiver Resource Center at 413-773-5555 x1230, [info@lifepathma.org](mailto:info@lifepathma.org), or visit our website, <https://lifepathma.org/events-workshops/healthy-living-workshops/>



Executive Office of Elder Affairs

