

Living Well *with* Long-Term Health Conditions

Thursdays, February 13–March 20, 10 a.m.–12:30 p.m.
In person at Athol Hospital



Living Well with Long-Term Health Conditions offers techniques to improve symptoms of chronic conditions such as healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more.

For more information or to register, contact LifePath's Information and Caregiver Resource Center at 413-773-5555 x1230, info@lifepathma.org, or visit our website at lifepathma.org/healthy-living.



Executive Office of Elder Affairs



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