

Take
Control



"It's Your Life...Live it Well"



Active Living Toolkit

Feel
Better

The in-home version of the popular ***Live Well with Chronic Conditions workshop, Live Well with Diabetes workshop and Live Well with Chronic Pain workshop*** are now available to seniors in the comfort of their home. These workshops are offered both telephonically OR virtually. The toolkit can be sent directly to participants at no cost and includes all learning materials necessary. Weekly meetings with a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic.

Energize

Please note there is a limited supply of toolkits. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call.

- Telephonic: Calls are approximately one hour in length and take place conference-call style to 4 -6 participants.
- Virtual: Zoom meetings last approximately 2 and a hour hours with 8-10 participants

There is a 2 -3 week lead time to start once participants have enrolled.

Live

**Participants will learn about a variety of tools to manage their conditions including:
Healthy Eating – Exercise – Goal Setting
Stress Management - Self Advocacy**

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Enjoy



2020

Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging and North Central Area Agency on Aging.