DO YOU LIVE WITH CHRONIC PAIN?

Learn to:
- Understand and manage symptoms
- Develop tools for handling stress and difficult emotions
- Safely maintain physical activity and improve flexibility
- Set achievable weekly goals

DO YOU LIVE WITH DIABETES?

Learn to:
- Eat healthy
- Care for your feet properly
- Manage Low and High blood sugar
- Adopt sick day guidelines
- Develop tips for dealing with stress.
- How to set small and achievable goals.

DO YOU LIVE WITH A CHRONIC CONDITION?

Learn to:
- Incorporate physical activity, exercise and healthy eating into their lives
- Develop skills to manage difficult emotions
- Make decisions and improve communications skills
- Work with healthcare providers
- Create Action Plans to achieve goals

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