

Take  
Control



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

## Upcoming Active Living Workshops

### Live Well with Chronic Conditions Toolkit

October 14<sup>th</sup> @ 11:00 a.m.  
October 20<sup>th</sup> @ 2:00 p.m.

November 15<sup>th</sup> @ 11:00 a.m.  
December 2<sup>nd</sup> @ 1:00 p.m.

### Live Well with Diabetes Toolkit

October 19<sup>th</sup> @ 1:00p.m.

December 2<sup>nd</sup> @ 2:00 p.m.

These workshops are offered **telephonically**. 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.

**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.

**Participants will learn about a variety of tools to manage their conditions including:**

**Healthy Eating – Exercise – Goal Setting  
Stress Management - Self Advocacy**

**Contact Carley Taft, Regional Coordinator for  
information & registration deadlines !**

**[carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org) 860-724-6443 Ext. 224**

Energize

Live

Enjoy



2020

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