

***Are You...***

Living with an chronic health condition like arthritis, heart disease, asthma, or diabetes & age 60+?

Caring for someone with an ongoing health condition(s)?

Interested in exploring new ways to increase your functioning & wellbeing?

Come join a **Living Healthy\*** workshop and learn proven techniques that will help you maximize your independence! Workshops are held in small groups and are peer-led by people who share your experiences.

**SIX classes: Thursdays, 2:30 – 5 pm beginning MAY 1, then May 8, 15, 22, 29, and June 5, at Albany Friends Meeting, 727 Madison Avenue**

**FREE** book and relaxation CD and light refreshments!

**Interested?**

***Please contact Barbara Spring at 274-0784, or [barbarakspring4@msn.com](mailto:barbarakspring4@msn.com)***

*After taking the class I'm now a problem-solver instead of a victim, and I can communicate easier with my doctor about my needs.*

*-Living Healthy\* workshop participant, Albany, 2006*