



Sign up today for Living Well with Chronic Conditions and take charge of your health!

Living with a chronic condition such as diabetes, arthritis, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!

Attend an "Intro to Online Programs" session, followed by a FREE 6-week online workshop and discover how to:



Make healthy food choices.



Increase physical activity and exercise safely.



Cope with pain and fatigue.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

Also great for caregivers!

When:

9:00 am til 11:30 am

Wednesdays

August 12 thru September 23, 2020

Where:

On-line via Zoom

You will receive link and information when you register. Technical support will be available to help you navigate in Zoom.

To register:

Paula Zigmond

Clay County Senior Services

816-455-4800

paula@claycoseniors.org

Northland Collaborative for Living Well:

Clay County Senior Services
Kansas City Quality Improvement Consortium
Liberty Parks & Recreation
Mid-America Regional Council
North Kansas City Hospital
Northland Health Alliance
Northland Shepherd's Center
Regional Arthritis Center
University of Missouri Extension