



Free LIVE WELL Workshop

Choose a convenient location and time:

Westport Center for Senior Activities

Mondays, October 24 – November 28

1:00 – 3:30 p.m.

Intro session: Monday, October 17 @ 1:00 p.m.

OR

Westport Weston Health District

Tuesdays, October 25 – November 29

5:30 – 8:00 p.m.

Intro session: Tuesday, October 18 @ 5:00 p.m.

CALL MONICA WHEELER AT 203 – 227-9571, EXT 242

FOR MORE INFORMATION OR TO REGISTER

**Put Life Back Into Your Life.
Consider a LIVE WELL Workshop.**

Looking for a new lease on life? Looking to age successfully and in comfort? Want to become a take charge person? Then LIVE WELL is right for you!

You'll get the support you need, find practical ways to deal with stress and pain, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Whatever your concerns -- weight, cholesterol, blood pressure, arthritis, asthma, chronic pain, anxiety, Lyme disease, or being a caregiver--the **LIVE WELL** Workshop can help you take charge of your life.



Westport Weston
Health District



Westport Department
of Human Services

