



Location: Westport Center for Senior Activities

Call: 203-341-5099



Feel better.

Be in control.

Do the things you want to do.

Workshop Dates:

July 19, 26

August 2, 9, 16, 23



Workshop Begins:

Monday, July 19

1:00 p.m.

Facilitated by
Westport Weston Health
District

Put Life Back in Your Life

Put Life
Back in
Your Life



LIVE WELL WORKSHOPS
"It's your life, live it well!"

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

Are you an adult age 55 or older with an ongoing health condition?

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

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the **LIVE WELL** Workshop can help you take charge of your life.

Sign Up Now. Spaces Are Limited.



Join a free 2 ½-hour **LIVE WELL** Workshop, held each week for six weeks.

Workshop Begins: July 19



Learn from trained volunteer leaders with health conditions themselves.



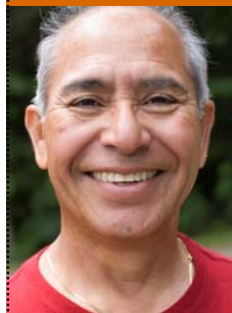
Set your own goals and make a step-by-step plan to improve your health—and your life.

"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."



To register or get more information, please call:

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"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."