

# LifePath's Healthy Living Winter 2022 Workshops: FREE, In-Person and Remote Workshops You Can Access on Your Computer OR Your Phone!

These evidence-based workshops provide information and practical skills for people living with long-term health conditions to better manage our health and improve the quality of our lives.

□ **Living Well with Long-Term Health Conditions (Live Video Conference and Telephone Workshops):** Provides information and practical skills that build self-confidence and help participants assume an active role in managing one or more long-term health conditions. Topics include healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more. **Live Video Conferencing Workshop: Seven Wednesdays, 9:30 a.m.-12:00 p.m., Feb. 2-March 16 OR Telephone Workshop: Seven Tuesdays, 1:00-2:30 p.m., Feb. 1-March 15.**

□ **A Matter of Balance—Managing Concerns About Falls (In-Person at Elm Terrace, 1 Elm Terrace, Greenfield, MA):** Teaches practical coping strategies to reduce the fear of falling and explores environmental risk factors and exercises that increase strength and balance. **Eight Mondays, Feb. 7-April 4 (skipping Feb. 21) 1:30-3:30 p.m.**

□ **Living Well with Persistent Pain (Live Video Conference):** Teaches strategies for managing pain: appropriate exercise, mind/body connection, pacing and rest, goal setting, and problem solving. **Seven Wednesdays, 12:30-3:00 p.m., Feb. 2-March 16.**

□ **Living Well with Diabetes (Live Video Conference):** Teaches the basics of balancing medication, diet and exercise, techniques to deal with hyper/hypoglycemia, meal planning, stress reduction, goal setting, problem solving, and more for people living with diabetes or their caregivers. **Seven Tuesdays, 6:00-8:30 p.m., Feb. 1-March 15.**

□ **Healthy Eating for Successful Aging (Live Video Conference):** Teaches the “My Plate” guidelines, nutrition basics, label reading, meal planning, goal setting, and problem solving for adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition. **Seven Fridays, 9:30 a.m.-12:00 p.m., Feb. 4-March 18.**

For more information or to register, contact Andi Waisman, Healthy Living Program Manager, at 413-773-5555 x2297/978-544-2259 x2297/[awaisman@LifePathMA.org](mailto:awaisman@LifePathMA.org)



Executive Office of Elder Affairs

