



TAKE CONTROL OF YOUR HEALTH WITH HEALTHY LIVING



Healthy Living is a free program proven to improve the health and well-being for people living with long-term/chronic health conditions.

Your experiences are unique to you, and there is no one treatment or approach that works for everybody. But there are things that you can do to feel better, move better, and get back to doing what matters most.

Healthy Living with Chronic Pain:
Thursdays, 12-2pm
May 8 - June 12



Hosted in-person at the Senior Center.
Lunch provided prior to the workshop.
(11:30am)



Register by calling the Senior Center at 937-492-5266.

