

# Jump into Healthier Living this Fall!



Healthy Living is funded by the **Older Americans Act**. There is no charge for participants age 60 and older.

**Healthy Living with Chronic Conditions:  
Dakota Center**

**9:30am-12pm: Mondays,  
October 6 - November 10**

**Dakota Center:**  
**33 Barnett St., Dayton, OH**



**This evidence-based program is proven to help older adults better manage their chronic health conditions.**

Weekly meetings give time to build new skills, practice what you learn, and share experiences with others – all with time and encouragement to make changes you want to make.



**Only 20% of your health is determined by what happens in the doctor's office.**

80% is in your hands! You have a big role to play in your own health and wellness.



**Attendance at all six sessions is not required.**

Participants get the most out of the program by attending **at least** four sessions.



**Call 937-228-8961  
to register.**



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