

BLOOM INTO SPRING



Area Agency on Aging

with **HEALTHY LIVING!**

Tuesdays
10am-12:30pm
March 21
through
May 2
(no class March 28)

20%

of your health is
determined in the
doctor's office, while...

80%

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



Healthy Living with Chronic Conditions workshops provide skills and new habits to help take better control of your health, and keep doing the things that matter to you most.



6 weeks
for a lifetime of
opportunities.

Week-by-week,
you'll learn
what works
best for you



You're not alone,
but it might feel
that way. We can
help!

Register by contacting the
Preble County Council on Aging at 937-456-4947
or email sgibbs@prebleseniorcenter.org.

This program was
created by the:

