

Living Well for Better Health

A **FREE** workshop series for adults with any kind of ongoing health condition. A family member or friend may join you!



FREE Thursday Workshops

Sept. 6 - Oct. 11

9:00 - 11:30 AM

Golden Oldies Senior Center

314 Front Street, Richmond

To register, or for more information,
contact the Center for Prevention & Healthy Living
at (207) 872-4102

How can this workshop help me?

This six-session workshop can help you learn new ways to deal with issues such as:

- Feeling Pain
- Eating Well
- Managing Stress
- Feeling Tired or Sad
- Using Medications
- Solving Problems
- Setting Goals
- Talking with Your Doctor
- Planning for the Future



HealthReach
Community Health Centers

Spectrum Generations is an Equal Opportunity Provider. If you require special accommodations, including language, translation, etc., please notify us at least two weeks prior to the event.