

Healthy Living Programs 2017 Workshop Schedule

HELPING PEOPLE LEAD HEALTHIER LIVES

Minuteman is pleased to offer these FREE evidence-based Healthy Living programs to help individuals gain the confidence and motivation they need to better manage their health. Programs are open to adults of all ages.

CLASS NAME	CLASS DATE	CLASS LOCATION	REGISTRATION
<u>Matter of Balance</u>	Mondays 1:30pm - 3:30pm Sept. 25 - Nov. 20	LEXINGTON Lexington Community Center 39 Marrett Road	Call: Hemali Shah (781) 275-6825
<u>Matter of Balance</u>	Wednesdays 1:00pm - 3:00pm Sept. 27 - Nov. 15	WINCHESTER Jenks Center 109 Skillings Rd.	Call: Elaine Smith (781) 721-7136
<u>Diabetes Self-Management</u>	Fridays 9:00am - 11:30am Oct 27; Nov 3, 17 Dec 1, 8, 15	ACTON Acton Senior Center 30 Sudbury Road	Call: Liz Paley (978) 929-6652
<u>Savvy Caregiver</u>	Saturdays 10:15am - 12:15pm Oct 28; Nov 4, 18 Dec. 2, 9, 16	BOXBOROUGH Sargent Memorial Library 427 Massachusetts Ave	Contact: Rachel Sagan abuw@abuw.org (978) 263-1777



Toll-Free (888) 222-6171
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