

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>The Savvy Caregiver</u>	Tuesdays 2:30pm - 4:30pm Sept. 12 - Oct. 17	WOBURN Woburn Senior Center 144 School Street	Call: Judy Tanner (781) 897-5963
<u>Diabetes Self-Management</u>	Tuesdays 1:00pm - 3:30pm Sept. 12 - Oct. 17	BEDFORD Bedford Senior Center 12 Mudge Way	Call: Marianne Smith (781) 275-6825
<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

Made possible with support from:



Toll-Free (888) 222-6171
www.minutemansenior.org



The Administration For Community Living in collaboration
with the MA Executive Office of Elder Affairs
and Elder Services of the Merrimack Valley.



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