

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
The Savvy Caregiver	Tuesdays 6:30pm - 8:30pm May 23 - June 27	BEDFORD Bedford Council on Aging 12 Mudge Way	Call: Wendy Aronson (781) 275-6825

*Check back soon for
Summer and Fall Schedule!*



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

Made possible with support from:



*The Administration For Community Living in collaboration
with the MA Executive Office of Elder Affairs
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Member of

