Minuteman SENIOR SERVICES

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My Life My Health: Living Well with Long-Term Health Conditions

Learn Practical Skills + Gain Confidence=
Take A More Active Role in Managing Health



The Chronic Disease Self-Management Workshop is an interactive six-week evidence-based program which teaches participants new techniques to help manage any long-term health condition such as arthritis, diabetes, high blood pressure. pain and heart disease.

In this workshop:

- Discover how healthy eating can improve your condition
- Create an exercise program
- Learn deep breathing and relaxation techniques
- Find new ways to talk about your health with family and medical providers
- Get support and share experiences with others who have similar concerns
- Research shows participants have better health outcomes, reduced stress and better quality of life

Program Details

Class meets in person once a week for 6 weeks.

Dates:

Thursdays
September 4 – October 16, 2025
(no class October 2)
11:00 am--1:30 pm

Location:

Arlington Community Center
27 Maple Street
Arlington, MA 02476

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact Arlington Council on Aging
(781) 316-3400

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