

Take Control of Your Life



Do you live with conditions such as Heart Disease, Arthritis, Diabetes, Chronic Pain, Depression, Anxiety or other chronic health conditions?

Living Well with Chronic Conditions workshop series can help older adults maintain control of their health regardless of the conditions they are faced with.

Informational Meeting: Thursday, Sept 21st, 1:30 pm

WORKSHOP DATES/TIME: Thursdays Sept 28th,

Oct 5th, Oct 12th, Oct 19th, Oct 26th, Nov 2nd, from 1:30 - 3:30

**All workshops held at the Ridgeview LeSueur Medical Center,
621 S. Fourth St. LeSueur, (in the cafeteria)**

This is a FREE workshop! *Fun and interactive!*

Class size is limited, so register today!

To REGISTER or for information, contact:

Mary Cassem 387-5586 ext. 3 or mcassem@ccwinona.org



WELLNESS PROGRAMS

ACTIVE AGING PROGRAMS

Catholic Charities of Southern MN



MINNESOTA RIVER
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