AREA AGENCY ON AGING



PRESENTING Healthy Living Classes

Chronic Disease Self-Management – 6 weeks Self-management education program for those with chronic health conditions.

Diabetes Self-Management – 6 weeks Managing your type 2 diabetes.

Geri-Fit® - 8 classes

Strength training workout to help prevent falls and improve balance.

Living Life with Chronic Pain – 6 weeks Tips, techniques, and tools for everyone.

Matter of Balance – 8 weeks

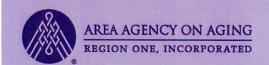
Strategies to reduce falls and increase activity levels.

Aging Mastery Program® – 10 weeks, \$95 for the course Develop behaviors for improved health, stronger economic security, greater well-being, and increased social participation.

Embracing the BEST YOU.

The Area Agency on Aging offers Healthy Living Classes to help you live and be your best you! Classes include workbook and Elder Resource Guide.

Beginning
Early 2018
Ongoing – Valley Wide



More information at: aaaphx.org 602-264-4357