

# 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**



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

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