Sign Up Now

Space is limited

⇒ Join a free 2 ½-hour workshop, held each week for six – eight weeks.
⇒ Learn from trained volunteer leaders with health conditions themselves.
⇒ Set your own goals and make a step-by-step plan to improve your health—and your life.

“I avoided things that are difficult. I forced myself to confront them. Little by little I am eliminating things that bother me. Why didn't I do this before? I am gaining ground.”

Graduate, My Life, My Health Workshop

Contact

For more information please contact our Healthy Living Coordinator at:
508-756-1545
1-800-243-5111

Statewide Program Information:
Healthy Living Center of Excellence
http://www.healthyliving4me.org/
1-800-892-0890

Healthy Living Workshops

“We feel more productive after this workshop!”

Graduate
My Life, My Health Workshop

This training has been possible thanks to support from the U.S. Administration for Community Living in collaboration with the MA Executive Office of Elder Affairs, the MA Department of Public Health and the Healthy Living Center of Excellence. The Agency and its programs receive funds administered through the Massachusetts Executive Office of Elder Affairs; and federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging. Other funders include the United Way of Central Massachusetts, Greater Worcester Community Foundation, local Councils on Aging & governments, participant donations, grants and individual support. We also contract with Senior Care Organizations, One Care Organizations and The Centers for Medicare and Medicaid Services.

www.800ageinfo.com  1-800-AGE-INFO

Brought to you in partnership with:
Put Life Back Into Your Life

Our workshops have proven positive results for participants, are evidence based, and provide individuals with the opportunity to take control of their health – while improving their quality of life. These self-management programs will not conflict with existing programs or medical treatments; they are designed to enhance regular treatment. We have trained certified staff conducting workshops throughout the year within our service area in Senior Centers, Senior Housing, Churches, Libraries, Hospitals and other places where groups of aging individuals gather.

Consider participating in a Healthy Living Workshop

Are you an adult age 55 or older with an ongoing health condition? If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, our workshops can help you take charge of your life.

“Never too late to learn. This class is very interesting for everyone who is forever young.”

Graduate, My Life, My Health Workshop

Our Healthy Living Workshops

My Life, My Health: An ideal learning experience for anyone who has a diagnosis that impacts their physical or emotional health. Developed to benefit individuals with ongoing health problems or those caring for people with chronic conditions. Find ways to deal with fatigue; understand nutrition & exercise; communicate more effectively with health professionals and become a stronger self-advocate. (Also taught in Spanish as "Mi vida, mi salud, - Tomando control de su salud")

A Matter of Balance: Addresses fears & concerns about falling while also promoting increased activity. Participants are first provided with knowledge about fall prevention and then coached to gain confidence so they can make positive changes in their life.

Healthy Eating for Successful Living: For older adults who want to learn more about nutrition and how small changes in eating habits can promote better health. Participants learn to read food labels, plan healthy & appealing menus, and make better informed choices at the grocery store. Workshops provide a supportive environment where participants focus on goal setting; problem solving, self-assessment and management of dietary patterns.

Powerful Tools for Caregivers: Designed to help take care of you while you are caring for a loved one. Whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country, we provide you with the tools you need to: reduce stress; communicate effectively; reduce guilt, anger & depression; make tough decisions; set goals and problem solve.

Diabetes Self-Management: Newly diagnosed with Adult onset or have been struggling with the condition since youth? Become more aware of how you deal with the disease and that it not only impacts your health but also has an effect on those who care for you.

“Reading labels is so important. What a shock when you actually do this. I am sleeping better now that my portion sizes are better. I will always remember this class because now I read all the labels.”

Graduate, Healthy Eating Workshop