

My Life, My Health

Join us for this Virtual
ZOOM Workshop!



Sponsored by
Mystic Valley Elder Services

Mondays, October 24 to November 28, 2022

10:00 am – 12:00 pm
(class size limited)

Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home! You don't want chronic disease, pain or discomfort to limit the activities and life you enjoy!

This chronic disease self-management course is for anyone living with an ongoing medical condition, such as arthritis, asthma, chronic back pain, chronic fatigue syndrome, cancer, COPD, diabetes, fibromyalgia, heart disease, high blood pressure, Parkinson's Disease or stroke. Topics will include managing and controlling pain, beginning (or improving) an exercise program, handling stress and learning to relax, increasing energy, and eating for your health and wellbeing.

For questions, or to sign-up contact Donna Covelle at dcovelle@mves.org or call 781-388-4867.