



Contact the Indiana Association of Area Agencies on Aging for more information on classes in your area.

4755 Kingsway Drive
Suite 402
Indianapolis, IN 46205
1-800-986-3505

Or visit
www.diabetes.in.gov
and click on the
“Living a Healthy Life with
Chronic Conditions” link.



FREE ONLINE trainings
6 WEEKS—2 1/2 hours/week
Sign up at:
<https://selfmanage.org/BetterHealth/SignUp>



An online self-management workshop for people with ongoing health conditions.

LEARN MORE

Learn to take control of your life and find the support you need!



Living a Healthy Life
With Chronic Conditions



Living a Healthy Life
With Chronic Conditions

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Put Life Back in Your Life

Put Life Back Into Your Life.
Consider attending a Living a Healthy Life with Chronic Conditions Workshop.

Are you an adult age 55 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or others, the Living a Healthy Life Workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

- Join a 2 ½-hour Living a Healthy Life Workshop, held each week for six 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.

“In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be.”



**To register or get more information, please call:
1-800-986-3505**



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”