



Workshop!

Join us for a **FREE** 6-week workshop to gain the knowledge and skills needed to live well with ongoing health conditions.

Wednesdays, beginning June 25th through July 30th

12:30pm-3:00 pm

East Haddam Senior Center, 15 Great Hillwood Rd., Moodus

Sign up with Patty or Brad at Senior Center 860-873-5034
or Vickie at Chatham Health District 860-214-0308

Connect with others weekly and explore:

Action
planning &
problem-
solving

Decision-
making &
communication
skills

Working
effectively with
healthcare
providers

Overcoming
difficult
emotions

Healthy
lifestyle
choices

