



PIEDMONT TRIAD REGIONAL COUNCIL
AREA AGENCY ON AGING

TAKE CONTROL of Your Health in Just 6 Weeks!

Free!

On **September 21, 2015**,
you are invited to attend an
orientation and registration event
at **Peace Haven Baptist Church**,
which will provide you with valuable
information to determine whether you
would like to take this course.



Living Healthy is a workshop that will help you take control
of your ongoing health condition rather than letting it control you!

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other
chronic disease, **Living Healthy** is for you. By attending this FREE workshop
one time per week for 6 weeks, you will learn how to:

- Manage symptoms
 - Communicate effectively with your doctor and other health care professionals
 - Lessen your frustration
 - Fight fatigue
 - Build your confidence
 - Make daily tasks easier
- AND...Get more out of life!

Pre-registration is Required - call 748-0217

The workshop starts September 28th
at Peace Haven Baptist Church
3384 York Road, Winston-Salem, NC
and meets every Monday from 1:00 - 3:00 pm
through November 2, 2015.

While the Shepherd's Center of Winston-Salem offers many low and no cost programs
to serve the 50+Community in Forsyth County, **donations of time and money are**
always accepted to further the mission of successful aging as we work to create a
better tomorrow for today's older adults.

