

# Healthy Living Programs 2018 Workshop Schedule

**HELPING PEOPLE LEAD HEALTHIER LIVES**

Minuteman is pleased to offer these FREE evidence-based Healthy Living programs to help individuals gain the confidence and motivation they need to better manage their health. Programs are open to adults of all ages.

CLASS NAME	CLASS DATE	CLASS LOCATION	REGISTRATION
<a href="#"><u>Powerful Tools for Caregivers</u></a>	Tuesdays 6:00 – 7:30 pm April 24 – May 29	<b>CONCORD</b> Concord Senior Center 1276 Main Street	Call: Lauren Barretta (978) 318-3020
<a href="#"><u>Matter of Balance</u></a>	Mondays 1:00 – 3:00 pm May 7 – July 2 <i>(No class on Memorial Day).</i>	<b>LEXINGTON</b> Lexington Community Center 39 Marrett Road	Call: Hemali Shah (781) 698-4844
<a href="#"><u>Chronic Pain Self-Management</u></a>	Mondays 1:00 - 3:30 pm May 14 - June 25	<b>WINCHESTER</b> Winchester Council on Aging Jenks Center 109 Skillings Road	Call: Colleen Wages (781) 721-7136



Toll-Free (888) 222-6171  
[www.minutemansenior.org](http://www.minutemansenior.org)

Made possible with a generous grant from the:



Thank you to our Sponsors:



Member of

