

# Healthy Living Programs 2018 Workshop Schedule

These FREE evidence-based Healthy Living programs 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>Matter of Balance</u></a>	Fridays 10:00 - Noon Sept 7 – Oct 26	<b>BEDFORD</b> <b>Bedford Senior Center</b> 12 Mudge Way	Call: Marianne Smith or Alison Cservenschi (781) 275 - 6825
<a href="#"><u>Matter of Balance</u></a>	Tuesdays 1:00 - 3:00 pm Oct 30 - Dec 18	<b>BEDFORD</b> <b>Bedford Senior Center</b> 12 Mudge Way	Call: Marianne Smith or Alison Cservenschi (781) 275 - 6825
<a href="#"><u>Matter of Balance</u></a>	Wednesdays 1:00 - 3:00 pm Sept 12 - Oct 31	<b>WINCHESTER</b> <b>Winchester Council on Aging</b> Jenks Center 109 Skillings Road	Call: Colleen Wages (781) 721 - 0926 Ext. 16
<a href="#"><u>Powerful Tools for Caregivers</u></a>	Tuesdays 10:00 - Noon Sept 25 - Oct 30	<b>WILMINGTON</b> <b>Buzzell Senior Center</b> 15 School St.	Call: Laura Pickett (978) 657 - 7595

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