

# 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>The SAVVY Caregiver</u></a>	Fridays 9:00am - 11:00am Feb 16 - March 23 <b>NEW DATES</b>	<b>BURLINGTON</b> Cooperative Elder Services, Inc. Burlington Center 37 B Street	Call: Abby Ferreira (781) 863-1166 x104
<a href="#"><u>Powerful Tools for Caregivers</u></a>	Mondays 9:30am - 11:00am March 5 - April 9	<b>LEXINGTON</b> Lexington Community Center 39 Marrett Road	Call: Hemali Shah (781) 275-6825
<a href="#"><u>Chronic Disease Self-Management</u></a>	Thursdays 1:00pm - 3:30pm March 15 - April 19	<b>BEDFORD</b> Bedford Senior Center 12 Mudge Way	Call: Marianne Smith (781) 275-6825
<a href="#"><u>Chronic Pain Self-Management</u></a>	Mondays 1:00pm - 3:30pm May 14 - June 25	<b>WINCHESTER</b> Winchester Council on Aging Jenks Center 109 Skillings Road	Call: Colleen Wages (781) 721-7136



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