

# Healthy Living Programs 2020 Spring 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>Tai Chi for Health</u></a><br><br><b>Postponed until further notice</b>            | Fridays<br>Mar. 6th - Apr. 24th<br>11:00 am -12:00 pm                     | <b>BOXBOROUGH<br/>Community Center</b><br>30 Middle Road<br>Boxborough, MA                              | Contact:<br>Cindy Regan<br>(978) 264-1730     |
| <a href="#"><u>Matter of Balance</u></a><br><br><b>Postponed until further notice</b>             | Tuesdays<br>Mar. 10th - Apr. 28th<br>10:00 am -12:00 pm                   | <b>LINCOLN<br/>Community Center</b><br>15 Bedford Road<br>Lincoln, MA                                   | Contact:<br>Carolyn Bottum<br>(781) 259-8811  |
| <a href="#"><u>Powerful Tools for Caregivers</u></a><br><br><b>Postponed until further notice</b> | Mondays<br>Apr. 6th - May 18th<br>(Closed Apr. 20th)<br>1:30 pm – 3:00 pm | <b>BEDFORD COA</b><br>12 Mudge Way<br>Bedford, MA   | Contact:<br>Hayley Williams<br>(781) 275-6825 |
| <a href="#"><u>Savvy Caregiver</u></a><br><br><b>Postponed until further notice</b>               | Tuesdays<br>Apr. 21st - May 26th<br>5:30 pm – 7:30 pm                     | <b>Emerson Hospital<br/>McPhillips Conference Room</b><br>133 Old Rd to Nine Acre Corner<br>Concord, MA | Contact:<br>Dana Baldessari<br>(978) 287-3170 |

For more information on our Healthy Living Programs, contact us at 781-221-7095



Toll-Free (888) 222-6171  
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