

Healthy Living Programs 2019 Workshop Schedule

Minuteman Senior Services is offering evidence-based Healthy Living programs at no cost to our participants. These unique 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 |
|--|---|--|---|
| <u>Powerful Tools for Caregivers</u> | Mondays 9:45 - 11:45 am March 4 - April 8 | LEXINGTON Lexington Community Center 39 Marrett Road | Contact: Hemali Patel (781) 698-4844 |
| <u>Matter of Balance</u> | Tuesdays 1:00 - 3:00 pm March 12 - April 30 | BEDFORD Bedford Senior Center 12 Mudge Way | Contact: Marianne Smith or Alison Cservenschi (781) 275-6825 |
| <u>Diabetes Self - Management</u> | Tuesdays 1:00 - 3:30 pm April 2 - May 7 Info session: March 19th, 1:00 - 3:30 | MAYNARD Maynard Council on Aging 50 Brown St. Maynard (Maynard Golf Course Building) | Contact: Amy Loveless (978) 897-1009 |
| <u>Matter of Balance</u> | Wednesdays 1:00 - 3:00 pm April 3 - May 29 (No Class - May 15th) | WINCHESTER Winchester Council on Aging Jenks Center 109 Skillings Road | Call: Colleen Wages (781) 721-0926 Ext. 16 |
| <u>Powerful Tools for Caregivers</u> | Saturdays 10:15 am - 12:15 pm April 27 - June 1 | BOXBOROUGH Boxborough Library 421 Massachusetts Ave | Contact: Rachel Sagan (978) 263-1777 |
| <u>Matter of Balance</u> | Fridays 9:30 - 11:30 am May 3 - June 21 | BEDFORD Bedford Senior Center 12 Mudge Way | Contact: Marianne Smith or Alison Cservenschi (781) 275-6825 |

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