

Take
Control



FREE! Live Well Workshop for Chronic Health Conditions

Feel
Better

Are you an adult age 60+ with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who is? This workshop can help you be in control and feel better!



Energize

Join this **free 7-week workshop** and learn how to better manage your ongoing health condition.

****Participants will need a computer or tablet and a reliable internet connection for these Zoom sessions.****

A technology training **session 0** will be provided on 01/9/26.

Live

Connect with others weekly and explore:

- Action planning and problem solving
- Decision-making and communication skills
- Overcoming difficult emotions
- Working effectively w/ healthcare providers
- Healthy lifestyle choices

Enjoy

Sessions will be held in 2026:

Fridays, Jan. 9–Feb. 20 from 10am-12pm

To register:

Contact Abbey Ellner at aellner@WCAAA.org

Materials for the workshop will be sent directly to participants!



Nuance Health is joining Northwell

Sponsored by the Western Connecticut Area Agency on Aging, the Bureau on Aging and Disability Services ~ State Unit on Aging and Nuance Health.

Workshops are evidence based self-management programs developed at Stanford U.