

Living a Healthy Life with a Chronic Condition or Healthy Living Workshops

Are designed for people with ongoing health problems such as diabetes, asthma, emphysema, heart conditions, high blood pressure and multiple sclerosis. Participants meet 2.5 hours, once a week for 6 weeks.

Learn how to deal with symptoms, frustration, and how to design your own self-management program.

Topics covered are:

- weekly goal setting
- managing symptoms
- handling difficult emotions
- exercising safe and easily
- communicate better with doctors, family and friends
- * medication "how to's"
- * relaxation techniques
- * tips for eating well
- * solve problems

FOR MORE INFORMATION CALL: 954-745-9779

Healthy Living Workshops schedule for Broward County and sponsored by:



**Aging & Disability Resource Center of Broward
&**

Health Foundation of South Florida



Living Healthy Workshops:

- **Fridays – July 16, 23, 30, August 6, 13 & 20, 2010**
10:00 am to 12:30 pm
Healthy Living Workshops
7th Avenue Family Health Center –Community Education Room
200 NW 7th Avenue, Ft. Lauderdale FL 33311
Call Kimberly Hornak at 954-759-6740
- **Wednesdays – August 11, 18, 25, September 1, 8 & 15, 2010**
9:30 am to 12:00 pm
Healthy Living Workshops
Flamingo Palms Specialty Center,
12600 Pembroke Road, Miramar FL 33027
954-443-2407 ask for Santiago

- **Thursdays - September 2, 9, 16, 23, 30 & October 7, 2010**
 9:30am to 12:00 noon
 Healthy Living Workshops
NE Focal Point Senior Center
 227 NW 2nd Street, Deerfield Beach FL 33441
 Call **954-480-4446** for more information
- **Tuesdays – September 14, 21, 28, October 5, 12 & 19, 2010**
 9:00am to 11:30 am
 Healthy Living Workshops
Northwest Focal Point Senior Center
 6009 NW 10th Street, Margate FL 33063
 Call **Elder Helpline 954-745-9779 – ADRC Linea de Ayuda /Karin**
- **Wednesdays -- September 15th, 22, 29, October 6, 13 & 20, 2010**
 9:30am to 12:00 noon
 Healthy Living Workshops
Rowe Community Center
 900 NW 43rd Avenue, Coconut Creek
 Call **954-971-7155**

CDSMP Workshops in Spanish:

TALLER: TOMANDO CONTROL DE SU SALUD

- **Wednesdays – August 11, 18, 25, Sept. 1, 8 & 15, 2010**
- **Miercoles - Agosto 11, 18, 25, Septiembre 1, 8 & 15, 2010**
 9:30 am to 12:00 pm
 Taller Tomando Control de su Salud
7th Avenue Family Health Center –Community Education Room
 200 NW 7th Avenue, Ft. Lauderdale FL 33311
 Call **Elder Helpline 954-745-9779 – ADRC Linea de Ayuda /Karin**



Matter of Balance workshops:

- **Mondays – Starting** 10:00 am to 12:00 noon

August 2, 9, 16, 23, 30, September 13, 20 & 27, 2010

Matter of Balance workshop

A & F Levey Residence – Federated Landings

5020 Nob Hill Road, Sunrise FL 33351

Call Elder Helpline **954-745-9779** – to register

- **Fridays – Starting** 10:00 am to 12:00 noon

September 10, 17, 24, October 1, 8, 15, 22 & 29, 2010

Lauderdale by the Sea Senior Center,

4505 N Ocean Blvd., Ft. Lauderdale FL 33308

Call Elder Helpline **954-745-9779** – to register



LIVING HEALTHY LEADER TRAINING

September 2010 Peer Leader Training Dates:

- **Monday - September 20th, 2010 - 9:00 am to 4:00 pm**
- **Tuesday – September 21st, 2010 - 9:00 am to 4:00 pm**
- **Monday - September 27th, 2010 - 9:00 am to 4:00 pm**
- **Tuesday – September 28th, 2010 - 9:00 am to 4:00 pm**

Location: TAMARAC MULTIPURPOSE CENTER

7531 N University Drive, Room #2

Tamarac, FL 33321

Please RSVP by September 10th, 2010

For more information please contact:

- **Karin Diaz at (954) 745-9567 x 203 or diazk@elderaffairs.org**