

# Take Control of Your Life



**Living well with Chronic Conditions** workshop series can help older adults maintain control of their health regardless of the conditions they are faced with. The workshops can help older adults improve quality of life and do the things they love to do!

**Live well, age well.**

## 6-Workshop Series Begins

Cost: ***Bring a friend and join us.***

Class size is limited, so register today!

To REGISTER or for information, contact:

**Maintain control of your health!**

**Do the things you love to do!**

**Keep your independence!**

**JUNIPER**  
Your Health. Your Community.

**A** MINNESOTA RIVER  
Area Agency on Aging®