



Congratulations on your decision to better manage your health! To begin, I recommend you enroll in the following program(s):

- _____ Living Well with Chronic Conditions
- _____ Living Well with Diabetes
- _____ A Matter of Balance
- _____ Tai Ji Quan-Moving for Better Balance
- _____ Powerful Tools for Caregivers

These are multi-step workshops to help you feel better, be in control of your health and do the things you want to do.

Today's Date: _____

Patient's Name: _____

Health Care Provider Signature

For a listing of available classes in your area, please call the Senior LinkAge Line® at 1-800-333-2433 or visit www.mnraaa.org

