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**Rx**

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

	Living Well with Chronic Conditions
	Living Well with Diabetes
	Living Well with Chronic Pain
	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.yourjuniper.org](http://www.yourjuniper.org)

