

Free Living Well Workshops Scheduled for April

Garrett County Area Agency on Aging has announced two new Living Well Workshops, to begin in April. Living Well with Diabetes will take place weekly at the Grantsville Senior Center, on Wednesdays, starting April 24th to May 29th from 1:00-3:00 PM. Living Well with Chronic Conditions, will take place on Thursdays, starting April 25th to May 30th from 1:00-3:00 PM. **There is no cost to participate but you must pre-register by calling 301-746-8050 on or before April 18th.** A minimum of 4 people registered will guarantee that the workshops take place.

Participants will receive a book entitled "Living a Healthy Life with Chronic Conditions". These free workshops teach effective techniques to manage symptoms and improve quality of life (Caregivers are also welcome). Two trained leaders present new material each week. If you have any questions or would like more information, please contact Tiffany Weeks at 301-746-8050 or Sue Schwab at 301-334-9431, ext.139 or 301-895-5818.

This project promotes the Garrett County Community Action Committee strategy of providing older adults with lifelong learning opportunities.