



**Contact the Indiana Association of Area Agencies on Aging for more information on classes in your area.**

9302 N. Meridian  
Suite 200  
Indianapolis, IN 46260  
1-800-986-3505

Or visit  
**[www.diabetes.in.gov](http://www.diabetes.in.gov)**  
and click on the  
“Living a Healthy Life” link.



**Feel better.**

**Be in control.**

**Do the things  
you want to do.**

**To find out more about  
Indiana’s Living a Healthy Life  
Workshops, please call  
**1-800-986-3505**  
to reach your local  
Area Agency on Aging.**



## Living a Healthy Life With Chronic Conditions

The Living a Healthy Life with Chronic Conditions program is made possible by a grant from the National Council on Aging in partnership with the Indiana State Department of Health, the Indiana FSSA Division of Aging, the Indiana Association of Area Agencies on Aging, the University of Indianapolis Center for Aging and Community, and the Indiana Minority Health Coalition. This brochure was supported by Grant/Cooperative Agreement Number 3U32DP522713-05W1 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



**Living a Healthy Life**  
With Chronic Conditions

**Put Life  
Back in  
Your Life**

**Put Life Back Into Your Life.**  
**Consider attending a Living a Healthy Life with Chronic Conditions Workshop.**

Are you an adult age 55 or older with an ongoing health condition? Are you a caregiver of someone living with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or others, the Living a Healthy Life Workshop can help you take charge of your life.

**Sign Up Now.**  
**Spaces Are Limited.**

- Join a 2 ½-hour Living a Healthy Life Workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

*"In just a few weeks, I got back to feeling better—and back to being the kind of person I like to be."*



**To register or get more information, please call:  
1-800-986-3505**



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*