



Live Well Workshop

"It's your life...Live it Well!"

NEW!!!!

Sample topics covered: working with your doctor, medication "how to's", relaxation techniques, dealing with negative emotions, setting weekly goals, effective problem-solving.

Orientation: Wednesday, April 14, 9:30 am-10:30 am

**Workshop Dates: Wednesday, April 21, April 28, May 5,
May 12, May 19, May 26**

Location: Berlin Community Center – Room 2

Workshop Time: 9:30 am- noon

Workshop Leaders: Hilary Norcia and Anette Urban

Register at the Berlin Senior Center Office or call the office at.

