



**Join us for a free 6-week virtual workshop!**

## Do you have an ongoing health condition?

If so, then a Take Charge of Your Health workshop is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your health and leading an active, fulfilling life.

*Workshops meet once a week for six weeks and last 2.5 hours with a built-in break. AgeOptions staff can help provide technical assistance to access Zoom.*

### Topics covered:

- Healthy eating
- Physical activity and exercise
- Relaxation techniques
- Pain and stress management
- Communication with family, friends and health care professionals
- Medication management
- Decision making and problem solving
- Weekly goal planning and many more!

### Take Charge of Your Health Workshop Details

*Designed for people with ongoing health conditions and their caregivers.*

**Meets Tuesdays via Zoom**  
January 18 - February 22, 2022  
1:00 - 3:30 p.m.

**Register for the workshop**  
Online: [bit.ly/TCHJan18](https://bit.ly/TCHJan18)

Contact Joy Aaronson at (708)383-0258 or email [joy.aaronson@ageoptions.org](mailto:joy.aaronson@ageoptions.org) with questions about the workshop.

If you need assistance to access a Zoom meeting, call the Health Promotion Team at AgeOptions at (800)699-9043 or email [info@ilpathwaystohealth.org](mailto:info@ilpathwaystohealth.org)

