CONSIDER THE LIVING HEALTHY AT HOME PROGRAM

This no-cost program includes:

- A mailed tool kit containing a Living a Healthy Life with Chronic Conditions book, Relaxation for Mind and Body CD and an exercise CD
- One-hour weekly phone meetings with an instructor in small groups for six weeks

Register: Contact MaryLou White at agewell@ptrc.org, 336-497-5610 or fill out this interest form: https://forms.gle/FtqTcAfDL95p9zebA

A staff member will be in touch within 5 business days with more details and class time options.

PROGRAM TOPICS INCLUDE:
- NUTRITION
- EXERCISE
- MEDICATION USE
- COMMUNICATION
- AND MORE!