



Living Well for Better Health

Feel better  Be in Control
Do the things you want to do

"This workshop put me back in charge of my health and I feel great. I only wish I had done this sooner."

"A year ago I was on my way to the grave with depression. Now I feel alive and looking forward to new horizons."

"Now, when I wake up too early, I know what to do to fall right back to sleep."

Is this for me?

YES! If you have aches and pains, feel tired, are concerned about your weight, are stressed or are dealing with other issues, this is for you.

Anyone who has a long term health condition is welcome. A family member, friend or caregiver can also participate.

This workshop helps you set goals and make a step by-step plan to improve your health- and your life!

Fall 2010 Schedule Workshops

Falmouth Family Medicine: Tuesdays, Sept. 21 – Oct. 26, 4 – 6 pm

Portland Family Medicine: Wednesdays, Sept. 22- Oct. 27, 10 am – 12:30

Family Medicine patients call: 874-2466 to sign up

South Portland: Cancer Community Center, Sept. 29 – Nov. 3, Weds. 6-8 pm

Scarborough: SMAA, 136 U S Route One, TBD

Cumberland YMCA: Portland, Freeport, New Gloucester, Nov.-Dec., TBD

Sign up: Anne Murray, 396-5629 or email: amurray@smaaa.org

Cost: donations accepted

Living Well
FOR BETTER HEALTH
A program of Healthy Choices for ME!


Maine Medical Center
centered around you


SOUTHERN MAINE
Agency on Aging