

MY LIFE, MY HEALTH!



This workshop is **FREE**

Classes start the week of **September 14, 2020.**

The group will connect with each other and the **certified instructor** over the phone **once a week for 6 weeks, Monday thru Friday.**

Registration is required.

Seats are very limited.

To register call the BCAA at 267-880-5700 or email aging@buckscounty.org



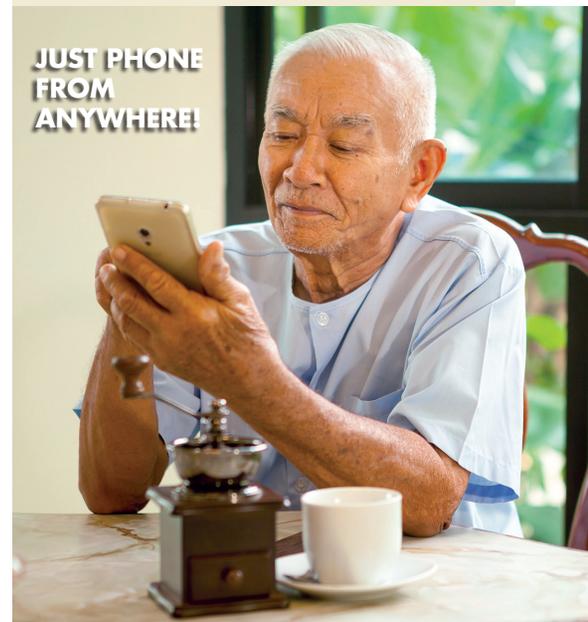
**NO
COMPUTER
NEEDED!**

Although no one wants to have a chronic condition, most of us will suffer from two or more during our lifetime.

You're not alone! Chronic illnesses cause fatigue, anger, stress, anxiety, difficult emotions, worry, frustration and even feelings of helplessness at some point in everyone's life.

My LIFE, My HEALTH will give you the tools you need to overcome the physical, mental and emotional problems caused by chronic conditions. Functioning at your best, regardless of life's difficulties, is a challenge. **Our goal is to help you learn how to successfully achieve the things you want to do and enjoy life.**

**JUST PHONE
FROM
ANYWHERE!**



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Bucks County Area Agency on Aging
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