



**St. Louis Area Agency on Aging
SLAAA**

1520 Market Street

Room 4086

St. Louis, MO 63103

(314) 612-5918

www.slaaa.org



Feel better.

Be in control.

**Do the things
you want to do.**

**Find out more about
Live Like Your Life Depends
On It Workshops.
Please Call SLAAA:
(314) 612-5918**

**Live Like Your Life
Depends On It**

For anyone who wants to
learn how to thrive with a
chronic disease and not
simply survive.



Put Life Back Into Your Life.
Consider a Live Like Your Life Depends On It Workshop.

Are you an adult age 60 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

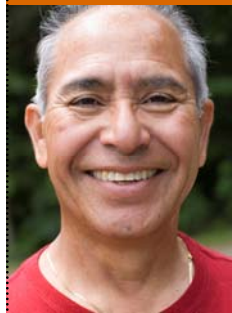
If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Live Like Your Life Depends On It Workshop can help you take charge of your life.

- Join a 2 ½-hour Live Like Your Life Depends On It Workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

"In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be."



To get more information, please call:
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"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."