

Live Like Your Life Depends On It

Feel better. Be in control. Do the things you want to do.

Are you an adult age 60 or older?

Do you have a long-term health condition?

Do you feel tired, frustrated, or fearful?

Are you looking for better ways to manage your symptoms?

- Join a six week workshop that will help you set goals and make a step-by-step plan to improve your health and your life.

To get more information please
call SLAAA: (314) 612 - 5915

