



Are you a senior who wants to make some changes to become a healthier YOU?

Living Well with a Disability

Workshops for Seniors with Disabilities

Sign up today for a free, 10-week long peer-facilitated health workshop for seniors (aged 55+) to learn the life skills you need to set and achieve quality-of-life goals. Group outings and are also included in addition to the weekly workshop sessions.

Session topics include:

**Goal Setting • Solving Problems • Healthy Reactions • Beating the Blues
Healthy Communication • Seeking Information • Physical Activity
Eating Well to Live Well • Advocacy • Maintenance**

WHERE

Ed Roberts Campus

KORET ROOM

3075 Adeline St

Berkeley, CA 94703

WHEN

Weekly sessions held on

Tuesdays,

starting June 4, 2019

1:00 – 2:30pm



Please contact Grace Wright gwright@thecil.org
or call 510-841-4776 to enroll today!