



Classes forming now.*

Call for a schedule and location near you.

(585) 244-8400

*Space is limited, so be sure to call soon!

Train as a facilitator for Living Healthy!

Train to become a facilitator for Living Healthy classes! You just need good communication and interpersonal skills, enthusiasm and a willingness to lead small group workshops. We provide the training and ongoing support!

Call Lifespan to learn more. (585) 244-8400



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(585) 244-8400

www.lifespan-roch.org
1900 S. Clinton Ave.
Rochester, NY 14618



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Excellus BlueCross BlueShield.

Sponsored by the United Way of Greater Rochester,
and the Monroe County Office for the Aging.

Put *Life* Back in Your Life



Put *Life* Back in Your Life

Consider a Living Healthy Workshop.

Are you an adult 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 arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Healthy workshop at Lifespan can help you take charge of your life.

Sign Up Now. Spaces Are Limited.

- ★ Join a 2 ½-hour Living Healthy 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."

"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."



To register or get more information,
please call: 585-244-8400