

Active Living with Chronic Conditions!



Are you 60 years of age or older?

Are you, or a loved one, dealing with a chronic health concern?

Arthritis, high blood pressure, high cholesterol, chronic pain, chronic obstructive pulmonary disease (COPD), allergies, depression, anxiety, etc.

If so, this workshop is for you!

ACT FAST, EACH CLASS LIMITED TO 6 PEOPLE and will fill up quickly!

RESERVE YOUR SEAT:

Sharon Rowbottom

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A program of the North Central Texas Council of Governments. Funded, in part, by Texas Health and Human Services Commission.



Developed by Stanford University, this **free** workshop focusing on active living with chronic conditions is **fun**, **interactive**, and will **empower you** to:

- Increase physical activity
- Eat healthier
- Improve communication skills with family, friends, and your health care team
- Utilize new tools to take charge of your symptoms
- Create a step-by-step action plan to live a healthier life



203 Kimberly Drive
Cleburne, TX 76031

September 16 – October 21, 2026
(Six Wednesdays)

Choose the time that's best for you:

Workshop #1 10:00 am – 11:30 am

Workshop #2 1:00 pm – 2:30 pm