

Live Your Life Well

Come to the Live Your Life Well half Day event and learn how to become stronger and more resilient.

At the HIGHLANDER CAFE High School Atrium

Tuesday, April 4th, 2017, from 10:00am to 1:00pm

Breakfast at 10:30am with discussions starting at 11:30pm

- Enjoy dessert at 12:30pm!
- Meet new and interesting people!
- Share your personal insights and learn new strategies from others!

Topics that will be covered during small groups include:

Connect with others
Stay positive
Get physically active
Help others
Get enough sleep
Create joy and satisfaction
Eat well
Take care of your spirit
Deal better with hard times
Get professional help if you need it

Call Chris at (617) 625-6600, ext. 2300 to learn more.

Funding for the event is provided by the MA association of Councils on Aging through a grant provided by the MA Executive Office of Elder Affairs.