



PIEDMONT TRIAD
REGIONAL COUNCIL

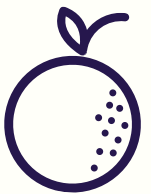
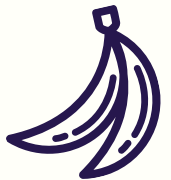
my Action plan
To exercise 2x
walk 4
eat

Kate Lov...

CONSIDER THE LIVING HEALTHY AT HOME PROGRAM

This no-cost program includes:

- A mailed tool kit containing a *Living a Healthy Life with Chronic Conditions* book, *Relaxation for Mind and Body* CD and an exercise CD
- One-hour weekly phone meetings with an instructor in small groups for six weeks



Register: Contact MaryLou White at agewell@ptrc.org, 336-497-5610 or fill out this interest form: <https://forms.gle/FtqTcAfDL95p9zebA>

A staff member will be in touch within 5 business days with more details and class time options.

PROGRAM TOPICS INCLUDE:

- NUTRITION
- EXERCISE
- MEDICATION USE
- COMMUNICATION
- AND MORE!



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