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Capital Area Agency on Aging

Hammond Senior Center  
207 East Church Street  
Hammond, LA 70403  
July 1, 2011

Capital Area Agency on Aging  
PO Box 66038  
Baton Rouge, LA 70896-6038

Dear CAAA,

This is to inform you, 'Old Mae' [redacted] who is a member of Hammond Senior Center, accomplished to the maximum from the workshop held here.

Receiving information from the book, 'Living a Healthy Life with Chronic Conditions', taught me how to manage and control my body. This was to accept the conditions that existed and using my mind to manage the systems.

In doing this you have to receive advice from your doctor and other certified people. This is working with your Health Care Professionals.

My future plan is to help myself and use the proper resources for my chronic health problem.

Sincerely,  
Old Mae