

**Add confidence back into your life.**

**Consider Your Life, Your Health  
Workshops.**

Are you an older 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 diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the **Your Life, Your Health** workshops can help you take charge of your life.

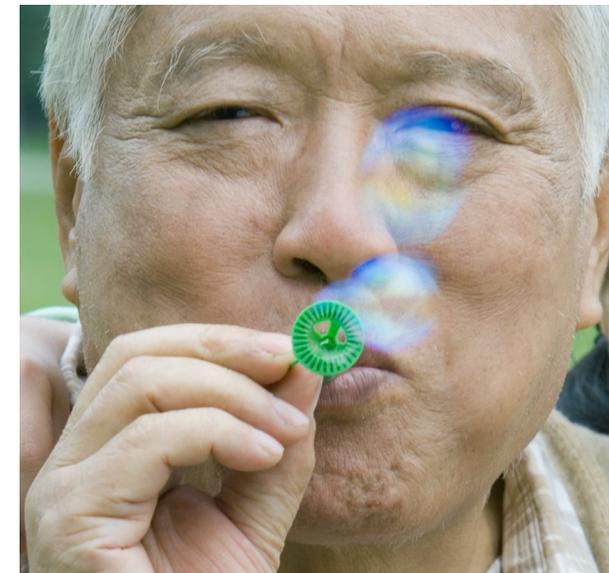
**Spaces Are Limited**

-  Join a free 2 ½-hour **Your Life, Your Health** Workshop, held one day a week for six weeks in a community setting near you.
-  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.

Your Life, Your Health is a program funded by a Federal ARRA Grant and administrated by the Louisiana Governor's Office of Elderly Affairs.



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."



**Your Life, Your Health  
workshops make  
the difference**

**Feel Better**

**Be in Control**

**Do the things you  
want to do**



**Attend a Your Life, Your  
Health Workshop**

# Your Life, Your Health

## Workshop Registration



Yes, I am interested in  
**Feeling Better!**  
**Being in Control!**  
**Doing the things I want to!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

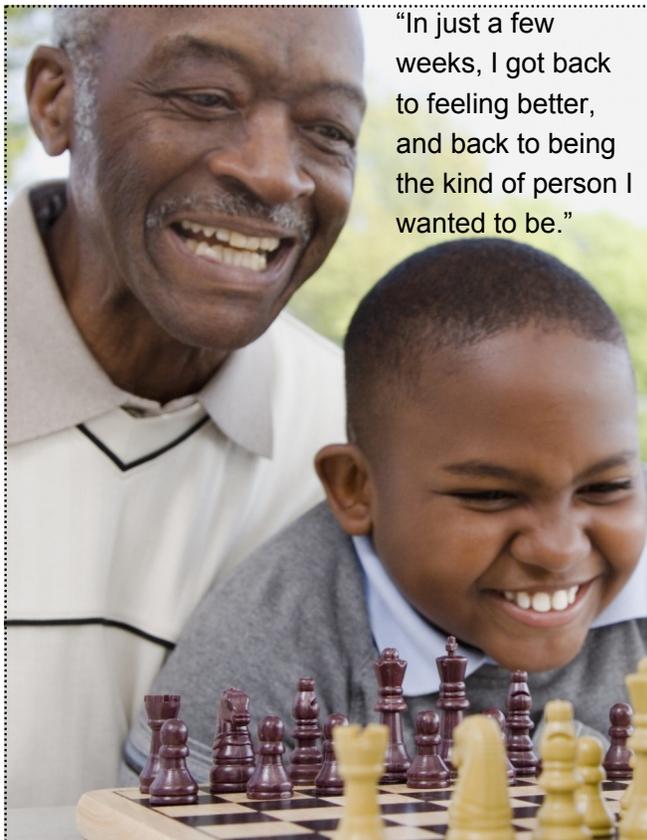
Phone number: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

Chronic condition (s)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

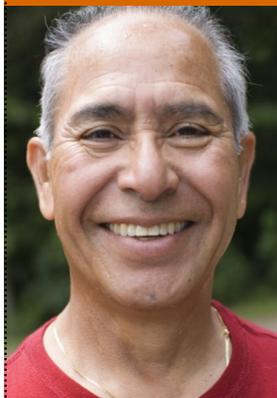
*To reserve your spot, please return this form to the address for your parish listed on the other side.*

For additional details, please contact us or visit our website and watch our informational video at:

[www.goea.la.gov/healthyaging](http://www.goea.la.gov/healthyaging)



"In just a few weeks, I got back to feeling better, and back to being the kind of person I wanted to be."



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*

### If you live in or near:

Allen	LaSalle
Avoyelles	Natchitoches
Catahoula	Ouachita
Concordia	Rapides
East Carroll	Sabine
Evangeline	Tensas
Franklin	Vernon
Grant	Winn

**Call:** *CENLA Area Agency on Aging*  
1423 Peterman Drive.  
P.O. Box 13027  
Alexandria, LA 71315

**1-800-454-9573 or 318-484-2260**  
**FAX 318-484-2266**

*Email: [HealthyLiving@cenlaaging.org](mailto:HealthyLiving@cenlaaging.org)*

### If you live in or near:

Ascension	St. Helena
Assumption	St. Tammany
E. Baton Rouge	Jefferson
W. Baton Rouge	Pointe Coupee
E. Feliciana	St. James
W. Feliciana	Tangipahoa
Iberville	Washington
Livingston	

**Call: Susan**  
*Capital Area Agency on Aging*  
6554 Florida Blvd., Ste. 221  
P.O. Box 66038  
Baton Rouge, LA 70896

**1-800-833-9883 or 225-922-2525**  
**Fax 225-922-2528**

*Email: [sdemers@capitalaaa.org](mailto:sdemers@capitalaaa.org)*