



FORSYTHCOUNTY
Department of Communications
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FOR IMMEDIATE RELEASE

FORSYTH COUNTY SENIOR SERVICES OFFERS
FREE 'LIVING WELL' WORKSHOP

Workshop series designed for those with chronic health conditions

FORSYTHCOUNTY, Georgia – Forsyth County Senior Services is offering a free six-week workshop designed to assist those ages 40+ who are suffering from chronic health conditions. The 'Living Well' workshop series is for adults with chronic conditions such as diabetes, heart disease, arthritis or COPD, and is designed to help those individuals feel better and take control of their overall health. The workshop is also suitable for those caring for someone with a chronic condition.

The six-week series is held once weekly on Mondays from September 9 through October 14. The workshops will run from 1:30 to 4 p.m. at the Senior Services' Center at Charles Place located at 595 Dahlonega Street in Cumming.

“This workshop teaches participants how to self-manage their condition and helps them establish goals to really set themselves up for success in terms of managing their health,” Senior Services Activities Team Leader Apryl Milam said. “Chronic health issues can keep people from doing what they want to do. This workshop aims to help those individuals feel better and improve their quality of life.”

The workshops will be held in a classroom setting and all course materials will be provided. Space for the free workshops is limited and advance registration is required. To register or for more information, call Senior Services at 770.781.2178.

Forsyth County Senior Services' mission is to be the focal point where older adults gather for services and activities that respond to their diverse needs and interests, enhance their dignity, support their independence and encourage involvement in their community. For information regarding the many programs and activities offered, call Forsyth County Senior Services at 770.781.2178.

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